

Vermont Health Education Resource Center (HERC) Resource List



**Integrated Support For Learning
(802) 828-1636**

Vermont Department of Education's Health Education Resource Center

The Vermont Department of Education operates a Health Education Resource Center (HERC) that maintains a variety of pre-K-12 health education materials. School and community-based educators may borrow curricula, books, reference resources, models & kits and audio-visual materials in the following topic areas:

- ◆ Alcohol, Tobacco & Other Drugs
- ◆ Community, Consumer, & Environmental Health
- ◆ Comprehensive Health
- ◆ School Health Services
- ◆ Emotional & Mental Health (Death, Personal & Social Skills, Self-Esteem, Stress, Suicide)
- ◆ Family Life
- ◆ HIV/AIDS and other Sexually Transmitted Infections
- ◆ Media Literacy
- ◆ Nutrition (General, Eating Disorders & Food Service)
- ◆ Personal Health (Dental Health, Human Body & Hygiene)
- ◆ Physical Activity
- ◆ Physical Education
- ◆ Safety (Injury Prevention, Personal Safety, & Violence)
- ◆ Sexual Health

Materials can be mailed or picked up in person. To ensure availability of requested materials, please plan ahead and contact the Health Education Resource Center first. Use of these materials is free, but borrowers are responsible for the cost of return postage.

Location & Contact Information (as of Aug. 2008)

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For assistance or to request materials email DOE-HERC@state.vt.us or (802) 828-0543.



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Research-validated curricula are designated with ®.

Alcohol, Tobacco & Other Drugs: Books & References

An Elephant in the Living Room

Jill Hastings & Marion Typpo

Resource for helping children living with an alcoholic. 1984

Audience: E, MS

Dangerous Drugs

Carol Falkowski; Hazeldon Foundation

Reference book that includes the latest information on drugs to hit the streets, and who's abusing them. 2000

Audience: Adult

Developing the Resilient Child

U.S. Department of Education

A prevention manual for parents, schools, communities, and individuals developed by the New England Regional Center for Drug-Free Schools and Communities.

Audience: Adult

Facing Substance Abuse

Resource Publications, Inc.

Discussion-Starting Skits for Teenagers. 1996

Audience: HS

Fit, Healthy, and Ready to Learn

NASBE

Fit, Healthy, and Ready to Learn is organized around sample policies that reflect best practice, which can be adapted to fit local circumstances. The sample policies are written as statements of best practice that all states, school districts, public schools, and private schools should endeavor to adopt. Each section ends with a list of resources that offer specialized expertise. 2000

Audience: Adult

Mac's Choice

Debra L. Wert

These books are designed for teachers and parents to use in an effort to help their children deal with today's pressures to use drugs.

Audience: E

Making the Grade

Drug Strategies

This guide to school prevention programs provides important information on research and prevention curricula. Great resource for information on research-validated and promising prevention curricula. 1999

Audience: Adult

My Dad Loves Me

Claudia Black

A workbook for children of alcoholics. 1979

Audience: E

Not In Here Dad!

Cheryl Dutton

Picture book for children that deals with a father who smokes. 1989

Audience: E

101 Ready-to Use Drug Prevention Activities

Community Intervention

These fun prevention activities are correlated to the National Health Education Standards. Reproducible activity sheets included. 1999

Audience: E

Alcohol, Tobacco & Other Drugs: Books & References

No Smoking

Child's Play Ltd.

No Smoking traces the history and twentieth century exploitation of tobacco, from pipe dreams to grim reality. This book will help students decide not to smoke, how to quit if they already smoke, and what to do about anti-social smoking. 1992

Audience: ES

Book

Parenting for Prevention

David J. Wilmes

This book offers up practical skills for parents, teachers, and other concerned adults to help children make the right decisions regarding alcohol and drugs. 1995

Audience: Adult

Book

Prevention: The Critical Need

Jack Pransky

A Vermont author provides theoretical and practical discussion about prevention. Many program examples are provided. 1991

Audience: Adult

Prevention Plus III

US Department of Health & Human Services

This workbook provides a step by step approach to assessing alcohol and other drug prevention programs at the school and community level. The workbook outlines a four-step model for program assessment: goal and desired outcome identification, process assessment, outcome assessment, and impact assessment. 1991

Audience: Adult

Book

Protective Schools

University of Arizona

A guide for educators, policy-makers, and families that provides information linking drug abuse prevention with student success. 2000

Audience: Adult

Something's Wrong in My House

Katherine Leiner

Eight children discuss their experiences coping in an alcoholic home. 1988

Audience: MS

Street Drugs Book

Health EDCO

Filled with high-resolution photographs of street drugs, this book describes more than 60 drugs. Also discusses signs of drug use, drugs and the Internet, and first aid. CD-ROM features enhanced learning tools including 13 short video clips, a collection of photo review sections, self-test quizzes, and a final self test. CD-ROM also contains more than 250 high-resolution photographs of illegal drugs and drug-related material seized off the streets. 2006

Audience: HS, Adult

Teach & Talk: Tobacco Free

ETR Associates

Helps students build commitment to stay tobacco, alcohol and drug-free, look to peer norms to support healthy, responsible choices, learn skills that can keep them free of tobacco, alcohol and other drug use and enhance protective factors that prevent tobacco, alcohol and other drug use.

Audience: K-4

Alcohol, Tobacco & Other Drugs: Curriculum & Activity Guides

All Stars[®]

Tanglewood Research

Audience: MS

Research-validated curriculum

All Stars is a research-based, interactive program designed to delay the onset of alcohol, tobacco, and other drug use, violence, and early sexual activity among middle school age youth. 1996

Across Ages[®]

Temple University

Audience: MS

Research-validated curriculum

Across Ages is an intergenerational mentoring approach to drug prevention and incorporates a mentoring component; community service component; life skills school component; and family component. 1998

Athletes Targeting Healthy Exercise & Nutrition Alternatives

ATHENA

Audience: HS

ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) is a scientifically proven program for female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and gender specific. It is interactive, engaging and easy to implement by coaches during the sport season.

ATLAS: Athletes Training & Learning to Avoid Steroids[®]

Goldberg & Elliot/Sunburst

Audience: HS

Research-validated ATOD curriculum

The *ATLAS* program was designed for delivery to sports teams by a coach/instructor and student squad leader. Program increases knowledge of the adverse effects of anabolic steroids, improves drug refusal skills, decreases belief in steroid-promoting media images, and increases confidence in ability to build muscle and strength without steroids. 1999

Choosing Not To Use, THTM[®]

EDC, Inc.

Audience: MS

Teenage Health Teaching Modules

This module addresses alcohol, tobacco, and other drugs for grades 6-8, and emphasizes resistance, personal, and social skills through cooperative and small group learning. 1996

Class Action[®]

Hazeldon

Audience: HS

Research-validated ATOD curriculum

Class Action looks at the real-world social and legal consequences involving teens and alcohol. Teens are divided into six *Class Action* legal teams to prepare and present hypothetical civil cases in which someone has been harmed as a result of underage drinking. 2002

Drugs

ETR Associates

Audience: MS

Comprehensive Health for the Middle Grades

Teacher Resource Book and Health Facts Book provide information on drugs and activities to reinforce decision-making and assertiveness skills to make drug-free choices. 1996

Drug Prevention for Early Childhood

U.S. Department of Education

Audience: Pre-K

Resource Kit

Kit provides picture books and guidebook for parents and caregivers to build foundation for prevention.

Alcohol, Tobacco & Other Drugs: Curriculum & Activity Guides

Faces of Addiction

Robert Wood Johnson

Kit contains a video, viewing guide, media handbook, and action tips to promote community discussion and action plans for addressing substance abuse issues.

Audience: Adult

Community Action Kit

Facts & Activities about Chewing Tobacco & Smoking

Flaghouse, Inc.

F.A.C.T.S is a four-session classroom curriculum developed for fifth grade students. F.A.C.T.S. was designed to emphasize the dangerous, costly and adverse aspects of both smoking and chewing tobacco. The curriculum uses a variety of educational strategies, including cooperative learning group discussions and whole language opportunities. 2001

Audience: ES

Curriculum

Growing Up Drug-Free: A Parent's Guide to Prevention

US Department of Education

This toolkit helps parents to lay the groundwork for educating their children about drugs.

Components include: "Your Child's perspective", "What to do if You Think Your Child Might be Using Drugs" and "Specific Drugs and their Effects". 1998

Audience: Adult

Toolkit

Insight Class Program[®]

Community Intervention

This research-based program is designed as a positive alternative to suspension to help teens overcome problems with alcohol, marijuana, and other drugs. Includes participant book, *My Life Right Now*. 1993

Audience: MS, HS

Research-validated ATOD curriculum

Keepin' It Real: Drug Resistance Strategies

ETR Associates

Effective for reducing drug use and establishing anti-drug attitudes and beliefs. The kiR program teaches kids how to say "no" to alcohol, tobacco and other drugs without losing friendships. The kiR program enhances life skills such as decision-making, communication and drug-resistant strategies. The curriculum includes ten lessons and four videos developed by and for kids which have been tested by researchers with over 7,000 middle-school students in Phoenix, Arizona. The kiR curriculum is identified as a Model Program by the Center for Substance Abuse Programs (CSAP) at the Substance Abuse and Mental Health Services Administration. 2005

Audience: MS

Life Skills Training[®]

Gilbert Botvin

Skills focused prevention curriculum that has been effective at reducing alcohol, cigarette, and marijuana use among young adolescents. 1998-1999

- Elementary curriculum: Grades 3/4, 4/5 & 5/6
- Middle school curriculum: Levels 1, 2, & 3 for grades 6-9

Audience: E, MS

Research-validated ATOD Curriculum

LifeSkills: High School[®]

Gilbert Botvin

The LifeSkills Training High School program is a highly interactive, skills-based program designed to promote positive health and personal development for high school youth. Based on the remarkably effective LifeSkills Training curriculum, this program helps adolescents navigate the challenges of the high school years and prepares them for the transition to work or college and the

Audience: HS

Alcohol, Tobacco & Other Drugs: Curriculum & Activity Guides

independence and responsibilities that they will encounter as young adults. The LifeSkills Training High School program uses developmentally appropriate and collaborative learning strategies to help students achieve competency in the skills that have been found to reduce and prevent substance use and violence. 2006

LifeSkills Training: Parent Program Workshop Set **Gilbert Botvin**

Audience: Adult

The LifeSkills Training Parent Program Workshop Set is specifically tailored for facilitated workshop delivery in either a school or community setting. The resources provided in this multifaceted program are designed to promote active parental involvement and strengthen family communication. The activities focus on building a variety of protective family factors and general life skills that are essential in decreasing a child's risk for engaging in alcohol, tobacco, and substance abuse. 2006

Media Toolkit for Anti-Drug Action

Audience: Adult

ONDCP Drug Policy Clearinghouse

Toolkit

This toolkit provides proven methods, models, and templates for tying anti-drug efforts to the National Youth Anti-Drug Media Campaign. It helps organizations deliver the Campaign's messages to the media and to other groups and individuals who care about keeping the nation's youth drug free. 2000

Minnesota Smoking Prevention Program®

Audience: MS, HS

Hazelden

Research-validated curriculum

A six-session classroom curriculum aimed at preventing tobacco use among adolescents. Aimed at grades 6-10, the program is designed to influence the social and psychological factors that encourage the onset of smoking cigarettes or using smokeless tobacco. Incorporates a peer leader component and addresses refusal skills. 1997

Project Alert®

Audience: MS

Best Foundation

Research-validated ATOD curriculum

Two-year curriculum emphasizing development of resistance skills for alcohol, tobacco and drugs. 1997

Project Northland®

Audience: MS

Hazelden

Research-validated ATOD curriculum

Multi-year program that emphasizes development of decision-making and resistance skills for alcohol use and abuse. Incorporates school, parent, and community components. 1998

- *Slick Tracy* targets grade 6
- *Amazing Alternatives* targets grade 7
- *Powerlines* targets grade 8
- *Class Action* targets grades 9-12
- *Super-Charged* targets parents and community

Project TNT (Towards No Tobacco Use)®

Audience: MS

ETR Associates

Research-validated tobacco curriculum

Revised edition--*Project TNT* addresses tobacco use with an easy to use curriculum that consists of ten sessions in the first year and a two-session booster component. Program emphasis is on concept and skill as well as a public commitment not to use tobacco. 2004

Alcohol, Tobacco & Other Drugs: Curriculum & Activity Guides

Protecting Oneself and Others, THTM®

EDC, Inc.

Audience: HS

Teenage Health Teaching Modules

This module for grades 9-10 addresses alcohol, tobacco, and other drugs, and emphasizes resistance, personal and social skills through cooperative and small group learning. 1991

Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY)

Audience: HS

Eggert, Nicholas and Owen

Reconnecting Youth (RY) is an indicated school-based program for youth in grades 9 to 12 at risk for school dropout and exhibits multiple behavior problems. It uses a partnership model involving peers, school personnel, and parents to deliver interventions that address decreased drug involvement, increased school performance, and decreased emotional distress. 1st Edition (1995) 2nd Edition (200?)

Smoke and Mirrors

Audience: E, MS

Human Relations Media

This media literacy and tobacco curriculum is packed with interactive lessons for teaching students how to refuse the powerful techniques used by the tobacco industry to attract smokers. 1998

Substance Abuse Prevention

Audience: E

Timothy Gerne, Jr., ED, D, Patricia J. Gerne, R.N., C.A.C.

A collection of 50 ready-to-use classroom activities to help children develop healthy, constructive attitudes about the use of tobacco, alcohol and other drugs. 1986

TAP – Helping Teens Stop Using Tobacco®

Audience: MS, HS

Community Intervention, Inc.

Research-validated tobacco curriculum

The *Tobacco Awareness Program (TAP)* is a comprehensive tobacco cessation curriculum addressing both smoking and spit tobacco. *TAP* is an eight-session program that provides information, opportunities for self-assessment, and challenging weekly assignments to help participants in grades 7-12 quit tobacco use. Includes participant guidebook. 2000 *See Tobacco video section for videos that accompany *TAP*.

TEG - Intervening With Teen Tobacco Users®

Audience: MS, HS

Community Intervention, Inc.

Research-validated tobacco curriculum

The *Tobacco Education Group (TEG)* is a positive alternative to suspension for those caught using tobacco on school property or school-sponsored activities. *TEG* motivates adolescents to move to the preparation and action stages of quitting tobacco. Addresses both smoking and spit tobacco. Includes participant guidebook. 2000

* See Tobacco video and visual sections for materials that accompany *TEG*.

TimeWise: Taking Charge of Leisure Time

Audience: MS

ETR Associates

Research-validated curriculum

Curriculum for middle school students teaches youth how to use their free time in healthy ways. Promotes physical activity, healthy leisure time activities and decreases unhealthy leisure behavior. 2004

Alcohol, Tobacco & Other Drugs: Curriculum & Activity Guides

Tobacco, Alcohol & Drugs

ETR Associates

Audience: HS

Choosing Health High School

Teacher Resource Book and Health Facts Books present facts about drugs and provide activities that emphasize decision-making and communication skills. 1997

Tobacco

ETR Associates

Audience: MS

Comprehensive Health for the Middle Grades

Teacher resource book and Health Facts Book present facts about tobacco use and provides activities that empowers students to make healthy choices to stay tobacco-free. 1996

Understand Alcohol

Investigations into Biology and Behavior & National Institute of Health

Audience: MS

Learn about the science underlying the effects of alcohol on human biology and behavior. 2006

You and Me Tobacco-Free

Judith K. Scheer

Audience: E

Resource book of interactive lessons that encourage children to remain tobacco-free. 1990.

Alcohol & Other Drugs: Videos

Alcohol True Stories

Family Health Productions

This video, hosted by Matt Damon, tells the stories of four young people and the impact of alcohol on their lives. Includes discussion and family viewing guide. 2002

Audience: MS, Adults

VHS – 25 minutes

Big Bucks, Big Pharma: Marketing Disease & Pushing Drugs

Media Education Foundation

This film—narrated by Amy Goodman—pulls back the curtain on the advertising tactics of the multi-billion dollar pharmaceutical industry to expose how it uses, manipulates, and sometimes creates illness in the pursuit of profit. With the help of health professionals and media scholars, the film dissects some of the most striking pharmaceutical ads on television, in the end revealing how the industry exploits people's emotions to promote the use of prescription drugs. 2006

Audience: HS, Adult

DVD - 46 minutes

Cartoon All Stars to the Rescue

Academy of Arts and Science

Cartoon characters teach kids the important message about the dangers of alcohol and other drugs. 1990.

Audience: E

VHS – 30 minutes

Changing Channels

U.S. Department of Education

Video and teacher's guide challenge the influences and misconceptions often related to alcohol use. 1994

Audience: MS

VHS

Club Drugs Video

ETR Associates

- Discusses dangers of Ecstasy, Ketamine, Rohypnol, GHB and other club drugs
- Provides information for teens to make responsible choices
- Offers skills for avoiding peer pressure to experiment with drugs
- Talks about the long- and short-term damage that club drugs can do to the body.

Audience: Adult

DVD – 27 minutes

Crash Site

National Institute on Drug Abuse

Program consists of an interactive, multimedia CD ROM with instructor and parent guides. Students solve the mystery of an impaired driving crash in which they are “involved” by gathering clues from a lawyer, police detective, peer, counselor, and doctor. 2002

Audience: HS

CD-ROM

Date Rape Drugs: An Alert

Meridian Education Corporation

Suggests precautions to take to reduce the risk of being raped. Discusses Rohypnol and other “date rape drugs.” Demonstrates strategies for protecting one's self. 1999

Audience: HS

VHS – 16 minutes

Deadly Persuasion: The Advertising of Alcohol & Tobacco

Media Education Foundation

This film exposes the manipulative marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their dangerous products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, narrator Jean Kilbourne presents a compelling argument that these cynical industries have a clear and deep understanding of the psychology

Audience: HS, Adult

DVD - 53 minutes

Alcohol & Other Drugs: Videos

of addiction; an understanding they exploit to create and feed a life-threatening dependency on their products. *Deadly Persuasion* casts a critical eye on the corporate interests that lie behind the industries whose products kill more than 450,000 Americans each year. 2003

Don't Drain Your Brain: How Alcohol Damages the Brain

Human Relations Media

Audience: ES, MS

DVD – 15 minutes

Young teen presenters review important brain structures and explain how vital they are to normal, healthy functioning—including thinking, moving, speaking, hearing and smelling. Viewers get a chance see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol. 2003

Drinking It In: Mixing Alcohol Images & Kids

Image Master Productions

Audience: MS, HS

VHS – 5 minutes

This video illustrates how we are bombarded by alcohol advertisements and the “cool” image that is portrayed. 2002

Drugs and Life's Dreams

University of Southern California

Audience: MS, HS

VHS 12 minutes

Recovering drug addicts reflect on their history of abuse and the toll it's taken on their lives. Project Towards No Drug Abuse supplement. 1995

Dying High: Teens in the ER

Human Relations Media

Audience: HS

DVD – 26 minutes

This hard hitting, reality-based video gives viewers a chance to see what goes on inside the nation's emergency rooms as doctors treat teens for some of the most common types of injuries among young people: drug overdose, alcohol poisoning, car wreck traumas and more. 2003

Four More Days

Film Ideas. Inc.

Audience: MS, HS

VHS – 18 minutes

This “real world” video follows a group of friends during their last four days of high school. A devastating car accident leaves two friends dead and another charged with negligent homicide for driving under the influence. 2003

Getting Stupid: How Drugs Damage Your Brain

Human Relations Media

Audience: MS

VHS – 21 minutes

DVD – 21 minutes

This video presents the latest scientific information on how alcohol, marijuana, inhalants and other drugs cause serious and potentially permanent damage to the human brain. 2003

HBO Addiction Series

Audience: HS, Adult

HBO Addiction Series Companion Book

HBO® and Rodale, in partnership with the Robert Wood Johnson Foundation, the National Institute on Drug Addiction, and the National Institute on Alcohol Abuse and Alcoholism, have produced a groundbreaking multimedia campaign to educate America about fascinating medical and scientific advances in understanding drug and alcohol addiction and its treatment that have redefined the way we understand it as a brain disease.

Alcohol & Other Drugs: Videos

Heroin: The Road to Addiction

The Noodlehead Network

This Vermont-produced video portrays the lives of three young people and the impact heroin addiction had on their lives. Includes teacher's guide. 2003

Audience: MS, HS

DVD, VHS – 21 minutes

The Invisible Line

Gerald T Rogers Production Inc.

After a sibling's death from drug overdose, a brother reconstructs the events that lead his brother to crossing the line from "recreation" drug use to addiction and eventual death. 1993

Audience: MS, HS

VHS – 31 minutes

JAM: The Performance Edge

Audience: MS, HS

VHS – 9 minutes

Teaches about the dangers of drinking and smoking in a positive way. Teacher's guide included.

Legal But Deadly: Abusing Prescription Drugs

Human Relations Media

Prescription drugs like OxyContin, Ritalin, Vicodin, Xanax and codeine based cough syrup are making headlines around the nation as teens continue to abuse these "legal" drugs by crushing the pills and snorting or injecting the powder or drinking the liquid. This video highlights several recent cases of teens that became addicted to prescription drugs and the resulting consequences. Program highlights kids' false beliefs about these drugs and the all too common belief that because these drugs are prescribed they are therefore safe. 2005

Audience: Adult

DVD – 19 minutes

Media & Health Series

Media Education

This series consists of: Spin the Bottle: Sex, Lies & Alcohol; Slim Hopes: Advertising & the Obsession with Thinness; Deadly Persuasion: The Advertising of Alcohol & Tobacco; Reviving Ophelia: Saving the Selves of Adolescent Girls; Big Bucks, Big Pharma: Marketing Disease & Pushing Drugs; and Recovering Bodies: Overcoming Eating Disorders. 2002-2006

Audience: HS, Adult

DVD - 30-53 minutes

Media Sharp

CDC

This media kit was developed to help young people critically assess how media normalize, glamorize, and create role models for unhealthy lifestyles and behaviors. Includes teacher's guide.

Audience: MS, HS

Two part 7-minute video

Middle School 101: Skills for Success

Gilbert Botvin

Middle School 101: Skills for Success is an engaging, video-based CD-ROM that supplements the LifeSkills Training Middle School program and uses an interactive and entertaining format to provide students with the essential skills to reduce alcohol, tobacco, and drug use. 2004

Audience: MS

CD-ROM

Natural Highs 2

Sundt Memorial Foundation

Natural High 2 presents a new wave of American role models that share powerful stories about what it's like to lead a fun, exciting, and successful life without drugs, or alcohol. The video is riveting, with stunning sports clips, poignant interviews, and an upbeat soundtrack.

Audience: E, MS, HS

DVD 20 minutes

Alcohol & Other Drugs: Videos

Natural High 3

Sundt Memorial Foundation

Natural High 3 celebrates singing, song writing, musical instruments and performance as a natural high. It features several of Billboard's top artists - Mya, P.O.D. and Switchfoot, as well as Darrin Henson, choreographer to Prince, Britney Spears and Michael Jackson. Natural High 3 is loaded with heartfelt quotes, inspiring behind the scene stories, and applicable messages. 2007

Audience: ES, MS, HS

DVD - 20 minutes

Real True and False About Alcohol, Marijuana and Inhalants (The)

AIMS Multimedia

This video features a “pop quiz” format that presents facts about alcohol, marijuana and inhalants. Teens emphasize you don’t need drugs to have fun and be cool. 2002

Audience: MS

VHS – 15 minutes

Safe Spaces

Project Healthy Choices

Staff development video for educators and trainers working with young special needs and drug-exposed children. 1992

Audience: Adult

VHS

Spin the Bottle: Sex, Lies and Alcohol

Media Education Foundation

Spin the Bottle offers an indispensable critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviors. Award-winning media critics Jackson Katz and Jean Kilbourne contrast these distorted representations with the often disturbing and dangerous ways that alcohol consumption affects the lives of real young men and women. 2004

Audience: HS, Adult

DVD - 44 minutes

VHS – 45 minutes

Steroids: The Hormonal Time Bomb

AGC

Illustrations are used to show the physical side effects steroids have on a growing body. The psychological changes that a steroid user experiences are also reviewed. Emphasizes the importance of gaining size and strength naturally through a proper training program and proper nutrition. Viewers will also learn from a convicted dealer how his shortcut to get physically bigger and faster took more than five years of freedom off his life, as well as his integrity. 1997

Audience: MS, HS

VHS – 18 minutes

TARGETED!

How Tobacco & Alcohol Companies Try to Get You Hooked

Gilbert Botvin

The tobacco and alcohol industries are famous for their attempts to target teenagers, most of whom are too young to legally purchase these addictive products. By targeting young audiences, these industries hope to recruit a new generation of faithful customers, despite the potential harm that their products may cause. This video explores the phenomenon of targeting young consumers, and will surely be an eye-opener for students who may prefer to think that they’re not being manipulated by ads and media images. Targeted! unveils some of the most common “tricks of the trade” that tobacco and alcohol companies use to market their products. 2003

Audience: ES, MS, HS

DVD – 24 minutes

Alcohol & Other Drugs: Videos

The Teen Files Flipped: Drug Use and Addiction

(best suited for use outside the classroom)

AIMS Multimedia

Audience: HS

DVD – 21 minutes

The Teen Files Flipped: Eating Disorders/Steroids

AIMS Multimedia

Audience: MS, HS

VHS - 21 minutes

This video has two story lines. One shows a young dancer who is obsessed over every bite she eats until she steps into another dancer's shoes and discovers the potentially fatal consequences of anorexia. The other story addresses steroids and shows how choosing to use them could potentially destroy a teen NFL wannabe's career and life. 2002

The Teen Files: The Truth About Drinking

AIMS Multimedia

Audience: HS, Adult

VHS – 30 minutes

DVD – 46 minutes

Teens who are current drinkers see firsthand the potential consequences of alcohol use. 1999

What's Wrong with Inhalants?

Human Relations Media

Audience: MS, HS

VHS – 24 minutes

This video reveals the dangers of inhaling vapors from readily-available products such as correction fluid, cans of whipping cream (nitrous oxide) etc. and emphasizes the often catastrophic results that can ensue: brain damage, paralysis and even death. 1995

Tobacco: Videos

Ad Libbing It

Altschul Corporation

An irreverent look at how advertisers try to hook young people on cigarettes and alcohol. This humorous program exposes advertising practices and shows viewers how they are being manipulated to smoke and drink. 1992

Audience: MS, HS

VHS – 17 minutes

The Anti-Tobacco Media Blitz

Toucan Ed

The social marketing campaign for high schools combines the principles of youth development with media literacy. Students learn how the tobacco industry uses commercial advertising techniques to manipulate them. Then students appropriate those very techniques to create anti-tobacco messages for their peers.

Audience: HS

VHS – 27 minutes

Check It Out

American Cancer Society

This musical sends the message to students that smokeless tobacco has its health risks, despite what advertising wants you to believe. 1989

Audience: ES, MS

VHS 10 minutes

Confessions of A Simple Surgeon

Audience: MS, HS

VHS – 21 minutes

Dr. Arthur Chesterfield Evans shows us what convinced him tobacco is the most potentially dangerous produce on the market today – his first lung cancer patient, smokers disfigured from surgery, and failed attempts at preventative medicine.

Deadly Persuasion: The Advertising of Alcohol & Tobacco

Media Education Foundation

This film exposes the manipulative marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their dangerous products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, narrator Jean Kilbourne presents a compelling argument that these cynical industries have a clear and deep understanding of the psychology of addiction; an understanding they exploit to create and feed a life-threatening dependency on their products. *Deadly Persuasion* casts a critical eye on the corporate interests that lie behind the industries whose products kill more than 450,000 Americans each year. 2003

Audience: HS, Adult

DVD - 53 minutes

Down in Smoke

Toucan Ed

Explore the world of young smokers, as teens share a snapshot of lives controlled by an addictive substance. *Down in Smoke* gives viewers a first-hand look at the negative consequences of smoking as well as the difficulties associated with trying to quit.

Audience: MS, HS

Dusty the Dragon & Dr. Hogan Talk About Tobacco

ETR Associates

This tobacco prevention video teaches social resistance skills with a mix of animation, live action, and an anti-tobacco rap song. 1990

Audience: ES

VHS - 11 minutes

Tobacco: Videos

Feminine Mistake, The

Pyramid Media

Shows how women suffer debilitating consequences from their decisions to smoke, including the effects of smoking during pregnancy. Pertinent viewing at the time when smoking is on the rise among young women.

Audience: MS, HS

VHS – 32 minutes

Getting The Message About Tobacco

AGC

After presenting various tobacco messages including a billboard, a movie, a TV news report, and a smoking parent, computer graphics show how the brain works to analyze these messages. This video will help viewers challenge and process messages they receive regarding the issues that can affect their lives. 1997

Audience: E

VHS – 15 minutes

How I Quit Smoking and Saved My Life

Community Intervention, Inc.

This inspirational, fast-paced drama follows a teen who is trying to quit smoking and the difficulties of breaking the addiction. 2002 *TEG (Tobacco Education Group)* video

Audience: MS, HS

VHS – 23 minutes

Hugh McCabe: The Coach's Final Lesson

American Lung Association

Hugh McCabe, junior high teacher and coach, and victim of lung cancer after years of smoking, tells his story as a final lesson on the effects of smoking. His message is clear. If you don't smoke, don't start. If you do, stop smoking now. 1988

Audience: ES, MS, HS

VHS 17 minutes

I Can't Breathe: A Smoker's Story

CDC

This video features the powerful and emotional story of Pam Liffin a woman who started smoking as a young girl and who died at the age of 31 of a smoking-related disease. 2002

Audience: MS

VHS – 20 minutes

In the Mix–Smoking: The Truth Unfiltered

Castleworks, Inc.

Aimed to reach teens who are current smokers as well as discourage those who have not yet started, this program will show young people that smoking is damaging to their health now – not just years down the road and that quitting is not only possible, but worth the effort. Includes teachers guide. 1998

Audience: MS, H

VHS – 30 minutes

Let's Talk About Smoking

American Heart Association

In this documentary-style film, students are interviewed about their smoking behaviors. Those who choose to smoke talk about the reasons why they started, and why they haven't stopped. Those who choose not to smoke share their reasons for being tobacco-free. 1985

Audience: MS, HS

VHS 10 minutes

Lorne's Big Decision

The NoodleHead Network

Lorne is a 12-year-old who does most of the same things his friends do: soccer, school, and carnivals. But, what about smoking? Should he try something that he's heard can be harmful to his body? The video introduces assertive behavior styles that help kids deal effectively with peer pressure. 1997

Audience: MS

VHS – 15 minutes

Tobacco: Videos

No Ifs, Ands or Butts: Smoking Kills

Human Relations Media

This program addresses tobacco addiction and its rapid impact on teens. Teacher's guide included. 2002 TAP (Tobacco Awareness Program) video

Audience: MS, HS

VHS – 23 minutes

Perils of Secondhand Smoke

Pyramid

A straightforward and dramatic presentation of the medical facts of secondhand smoke that graphically illustrates the damage that secondhand smoke causes in children. It traces the flow of smoke through the mouth, nose, throat and lungs, and points out the potential ailments associated with each. 1994 TEG (Tobacco Education Group) video

Audience: MS, HS

VHS – 12 minutes

Scene Smoking: Cigarettes, Cinema & The Myth of Cool

American Lung Association

This documentary addresses smoking in film and television. Hollywood insiders speak out about artists' rights, social responsibility, and the first amendment.

Audience: HS, Adult

VHS – 59 minutes

Selling Addiction

Center for Media Literacy

Hosted by actress Michael Learned, this video analyzes typical commercials and advertising techniques, targets marketing and myths of advertising. Most important, the viewer will learn how cigarette and alcohol advertisers manipulate people – to get them hooked – and keep them hooked. Includes workshop kit. 1992

Audience: HS

VHS – 19 minutes

Sex, Lies and Profits

The Manocherian Foundation

The video is intended to show how sex, alcohol, lies and profits are influencing today's youth. It explains how commercials and advertisements may be influencing youth to drink and the results of this behavior. 1993

Audience: MS, HS

VHS 17 minutes

Smoke Screen

Gateway Communication/Global Production Team

The former "Winston Man" reveals a powerful message about tobacco industry advertising. 2002

Audience: MS, HS

VHS – 20 minutes

Smoke Signals

Disney Educational Productions

This video tells the story of Joey, who starts smoking on his 13th birthday and then nightmarishly re-lives that same day over and over. After experiencing bad breath, yellow teeth, lack of money, and diminished athletic capability in an endless loop, he finally gets smart, throws his cigarette away. 1995

Audience: E

VHS – 18 minutes

Smokers & The People Who Smell Them

Pyramid Media

A teen talk show sets the stage for a variety of guests who ignite a debate on teen smoking and its consequences, revealing how addiction, disease and peer pressure have changed their lives. Witty and tongue-in-cheek, this video emphasizes hard facts of tobacco use and provides viewers with a convincing indictment against smoking. 1998

Audience: E, MS, HS

VHS – 22 minutes

Tobacco: Videos

Smoking Exposed

Human Relations Media

This video provides straightforward facts about the harmful effects of tobacco and shows powerful interviews with young people. 2000

Audience: MS

VHS – 18 minutes

Smoking Is Ugly

American Cancer Society

This video shows two teens at a dance that are attracted to each other. The guy is really turned off, however, when he sees how ugly her teeth and wrinkled face become as a result of the effects of smoking. 2002

Audience: MS, HS

VHS – 4 minutes

Smoking: Truth or Dare

AIMS Multimedia

Graphically demonstrates to tobacco-using teens what this deadly habit is doing to them. Includes teacher's guide. 1999 TEG (*Tobacco Education Group*) video

Audience: MS, HS

VHS – 29 minutes

Spit Tobacco Exposed

Human Relations Media

This program presents a strong and memorable message that use of “smokeless” or spit tobacco can kill – quickly. Stark footage shows some of the devastating damage that “snuff” does to teeth, gums and mouth. Discourages students from ever taking their first dip. Includes teachers guide, student activity, and fact sheets. 2000

Audience: MS

VHS – 16 minutes

Spit Tobacco Kills-Extreme Danger of Chewing & Dipping

Human Relations Media

This documentary-style program shows viewers that the nasty habit of dipping or chewing tobacco actually kills young people. Along with powerful testimonials from athletes, Spit Tobacco Kills follows the case of 27-year-old Rick Bender, a former user of smokeless tobacco whose cancer of the neck has left his face permanently disfigured. The video also focuses on discussions with kids who are addicted to spit tobacco. Hard-hitting and honest, this program aims to convince viewers that tobacco is deadly, no matter how you use it. 1996

Audience: MS, HS

VHS 28 minutes

Think Twice: Marijuana and Cancer

Human Relations Media

This video tells the story of a young chronic marijuana smoker who developed cancer of his tongue, neck, and jaw and is now permanently disfigured. Teacher's guide included. TAP video

Audience: MS, HS

VHS – 23 minutes

Tobacco Horror Picture Show

Community Intervention, Inc

Combining humor with horror, this media presentation includes interviews with former users telling the reality of tobacco use. 1998 TEG (*Tobacco Education Group*) video

Audience: MS, HS

VHS – 25 minutes

The Teen Files Flipped: Tobacco

AIMS Multimedia

Using a reality-based theme, this video focuses on two tobacco users-- a smoking teen and a smokeless tobacco youth-- and “sets them up” to live out their fantasy careers. In the process, they discover the destructive realities of tobacco use. 2002

Audience: MS, HS

VHS – 21 minutes

Tobacco: Videos

Tobacco- Free You & Me

Durrin Productions, Inc.

Students at Sidwell Friends School in Washington, D.C., analyze cigarette advertising aimed at children, discuss the dangers of secondhand smoke & smokeless tobacco and suggest activities viewers can do.

Audience: E, MS

VHS – 19 minutes

Tobacco: Use or Abuse

American Indian Child Resource Center

This film shares the Native American perspective on today's tobacco and sheds light on traditional tobacco use. Also includes a question and answer game on what ingredients are included in today's cigarettes. 1993

Audience: ES, MS

VHS 17 minutes

Top Ten Myths about Alcohol and Drugs

Human Relations Media

Too many teens are either ignorant about the dangers of drugs or are in denial about the hazards they pose. This program, with its clever use of satire, graphics and mock pop quizzes, captivates student attention as well as educates. Dangerous and destructive myths are rebutted with cold, hard facts, challenging students to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety. 2007

Audience: MS, HS

VHS 20 minutes

Up In Smoke

HRM Video

Presents the ugly side of nicotine addiction. Powerful testimonials paint a terrifying portrait of what really happens to smokers. Includes teacher's resource guide. 1996

Audience: MS, HS

VHS – 29 minutes

What About Tobacco?

Community Intervention

This video presents facts about the harmful effects of tobacco and offers suggestions on ways to avoid secondhand smoke. 1999

Audience: E

VHS – 24 minutes

You Choice...Our Chance

Agency for Instructional Technology

Establish drug abuse prevention skills before children become users of tobacco, alcohol, marijuana, or other drugs. Bring together schools, families, and communities into a working partnership for preventing drug use by students in the vulnerable preteen years. Your Choice...Our Chance consists of ten 15-minute student programs, three 30-minute community programs, one 30-minute informational program, a teacher's guide, community outreach handbook, and a facilitator's guide for grades 5-6 and adults. 1990

Audience: ES, MS, Adult

Community Program

Student Films:

- Penalty Kick (Risk Factors) (14:48); I Think, I Am (Self-Concept) (14:36); Fitting In (Stress) (14:46); The Big Break (Media) (14:46); Thanks, But No Thanks (Peer Pressure) (14:30); Good Practice Today! (Refusal Skills) (14:45); Sister, Sister (Health-Enhancing Alternatives) (14:34); Decisions (Decisions and Actions) (14:50); A Friend Indeed (Response-ability) (14:53); Like You, Dad (Wellness) (14:50)

Community Films:

- Partners (Burlington, Wisconsin) (29:42); Sunrise House (Salinas, California) (29:47); Parents and Schools (St. Louis, Missouri) (29:50)

Tobacco: Visuals

A Year's Worth of Tar

Audience: E, MS, HS

This model consists of a jar containing a year's worth of "tar." It represents the amount of carcinogenic liquid a 1-pack-a-day smoker puts into his lungs in a year. Very graphic and gross!

Consequences of Smoking Display

Audience: MS, HS

Life-size, hand painted models that show the consequences of smoking on various organs of the human body. Descriptions of each model are written in non-technical terms. (Pick-up only)

Framed Photo: Lungs

Audience: E, MS, HS

A framed 18" x 24" photo shows the devastating effects of smoking on the lungs.

Life-Size Lung Model

Audience: E, MS, HS

A life-size lung model that can be separated into seven parts, and presents the lungs with two removable lobes with major veins and arteries. (Pick-up only)

Lung Emphysema Specimen

Audience: E, MS, HS

Framed tissues show differences between a smoker's lung and a non-smoker's lung.

Mr. Dip Lip

Audience: E, MS, HS

A mouth model that shows the disease effects dipping can have on the inner lip, gums, and teeth.

Mr. Gross Mouth

Audience: E, MS, HS

A mouth model that shows you the effects of chewing tobacco on the oral cavity.

Respiratory System Chart

Audience: MS, HS

A colorful chart showing the respiratory system from a variety of angles.

Smokeless Tobacco Display and Kit

Audience: E, MS, HS

A folding tabletop display showing the medical hazards of smokeless tobacco and smokeless tobacco materials.

Smoker's Roulette Game

Audience: MS, HS

Show that smoking is a high-risk, low-return gamble. Players accumulate points as they answer questions about smoking, spinning the wheel for incorrect answers. Scores are compared to a scale to determine the player's health risk factor. Teacher's guide included.

TEG (Tobacco Education Group)—Supplemental materials:

- ABC's of Smoking -- Flip chart/pamphlet
- Effects of Environmental Tobacco Smoke -- poster
- Group Rules -- poster
- Hairy Tongue -- poster
- Inflatable Giant Cigarette
- Mr. Gross Mouth with case

Community, Consumer & Environmental Health: Curriculum

Consumer Health

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

This activity book is designed to prepare middle school students to become knowledgeable, concerned consumers of health products and services, both now and in their adult lives. 1996

Environmental Health

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

This activity book is designed to increase middle school student's awareness of the environment and its direct effect on their health. Activities focus on water conservation, waste management, air pollution, and rain forest preservation. 1996

Chemicals, The Environment & You

Audience: MS

National Institute of Health

Students explore the relationship between chemicals in the environment and human health, utilizing basic concepts in the science of toxicology.

Comprehensive Health: Books & References

Activities That Teach, 1993

Audience: MS, HS

More Activities that Teach, 1995

Still More Activities That Teach, 2000

Tom Jackson

The hands-on activities in these three books are designed to help influence student behavior and attitudes on a wide range of topics: alcohol, tobacco, drugs, values, problem solving, self-esteem, communication, decision-making, conflict resolution and more.

Comprehensive School Health Challenge

Audience: Adult

Peter Cortese & Kathleen Middleton

This is an excellent resource for educators providing leadership in CSHP. Eighteen chapters written by national leaders provide discussion of advocacy, programmatic and content issues. 1994

Comprehensive School Health Sourcebook

Audience: Adult

Donna Lloyd-Kolkin & Lisa Hunter, Menlo Park, CA

This book is helpful as you plan and implement school-based health promotion and education programs. 1990

Energizers and Icebreakers, 1994

Audience: E, MS, HS

More Energizers and Icebreakers, 1998

Elizabeth Foster

Activities designed to help group leaders instill motivation, interest, and strengthen group cohesion.

Health is Academic

Audience: Adult

Marx, Wooley, & Northrop

Resource text provides overview and practical applications for a Coordinated School Health Program. 1998

Health Promoting Schools

Audience: Adult

Joyce Fetro, ETR Associates

A guide to implementing coordinated school health programs in local schools and districts. 1998

Healthy Schools, Healthy Futures

Audience: Adult

ETR Associates

This book provides guidance for conceptualizing and initiating improvement of school environment. 1993

Implementing Health Education Standards

Audience: Adult

Jacqueline Ellis, ETR Associates

Step-by-step directions on how to use health education standards to improve curriculum and instruction. 1999

Improving School Health

Audience: Adult

American Cancer Society

Two guidebooks for staff working to promote Coordinated School Health Programs. A Guide to School Health Councils and A Guide to the Role of the School Health Coordinator. 1999

Comprehensive Health: Books & References

Instant Icebreakers

Audience: HS

Sandy Christian and Nancy Loving Tubesing

These lively openers include step-by-step instructions, worksheets, and worksheet masters – everything you need to promote group interaction. 1997

McComb Healthy Schools Project: The Safety Net

Audience: Adult

The safety net is a coordinated school health and wellness model developed by the McComb School District to improve the health, social and academic outcomes and experiences for children. 1996

Modeling Healthy Behavior

Audience: Adult

Berryman & Breighner, ETR Associates

Children learn from watching adult role models: teachers, parents, coaches, and others. This guide helps adults examine their health-related beliefs and actions and evaluate how they model these beliefs and actions-consciously and unconsciously. 1994

Powerful Teaching:

Audience: Adult

Developmental Assets in Curriculum and Instruction

Judy Taccogna, Ed.D. - Search Institute

Powerful Teaching is the resource that empowers educators at all levels to do just that. Presenting five, easy guiding principles, *Powerful Teaching* explains how educators can enable asset building to permeate everything they do from the way they interact with students to how they structure classroom lessons.

School Health Index

Audience: Adult

US Dept. of Health & Human Services

This is a tool to help schools assess its physical activity and nutrition policies and programs based on national standards and guidelines. 2004

Step by Step to Comprehensive School Health

Audience: Adult

William M. Kane, Ph.D.

Resource Book

This planning guide assists program and policy-makers in considering practical implementation issues. 1993

Step by Step to Healthy Schools

Audience: Adult

U.S. Dept. of Health & Human Services

A directory of federal programs and activities related to health promotion through the schools. 1992

Stories from the Field:

Audience: Adult

Lessons Learned About Building Coordinated School Health Programs

Division of Adolescent and School Health (DASH), CDC

Stories from the Field reveals the innovative uses that nine school districts made of their funds, resulting in CSHPs that were built on federal guidelines but met unique, local needs with successful solutions that came from the heart and expertise of the community. Features of this new publication are reproducible tools for program development, a checklist to track progress, and lists of print and online resources. 2003

Comprehensive Health: Curricula, Activity Guides & Videos

Actions for Health

Audience: E

ETR Associates

Two kits: grades K-3 and grades 4-6. Provides the foundation for building skills that promote healthy behavior and address health issues. Self-esteem, decision-making and personal and social skills are addressed. 1993

Choosing Health High School

Audience: HS

ETR Associates

This is the much anticipated major revision to the nationally recognized *Entering Adulthood* comprehensive school health series. The series includes eight teacher/student resource books. 1997

Violence & Injury	Tobacco, Alcohol & Drugs	Abstinence
Sexuality & Relationships	Body Image & Eating Disorders	STD & HIV
Communication & Self-Esteem	Fitness & Health	

Comprehensive Health for Middle Grades

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades is a highly flexible program that you may use as your comprehensive health education program or pick and choose from its many components. This set is made up of 15 teacher/student resource books. 1996

Puberty & Reproduction	Tobacco	Abstinence
Self-Esteem	Drugs	HIV & STD
Nutrition & Body Image	Fitness & Hygiene	Consumer Health
Communication & Anger Management	Family Relationships	Peer Relationships
Injury Prevention	Violence	Environmental Health

Comprehensive School Health Education

Audience: E, MS

Meeks Heit Publishing Co.

Resource guide on teaching comprehensive health in grades K-8. Includes some lesson ideas. 1996

Great Body Shop, The®

Audience: E

Children's Health Market, Inc.

Newly revised curriculum that emphasizes hands-on learning with good reinforcement of decision-making. Incorporates a family program. 2006

HealthSmart Series

Audience: MS, HS

ETR Associates

ETR introduced a new skills-based series that addresses key health education content areas and aligns with the National and Vermont health education standards. Each series includes a Teacher Guide, Actions Student Book and Health Fact Book for each of the topic areas list below. 2004

- Abstinence & Puberty – MS only
- Abstinence & Sexual Health – HS only
- Emotional & Mental Health – MS, HS
- HIV, STD, Pregnancy Prevention – MS, HS
- Improving Health Behaviors (no fact book – same for both MS & HS)
- Nutrition & Physical Activity – MS, HS
- Tobacco, Alcohol & Other Drug – MS, HS
- Violence & Injury Prevention – MS, HS

Comprehensive Health: Curricula, Activity Guides & Videos

Health Teacher[®]

Audience: E, MS, HS

Toucan Ed

In response to requests from teachers across the country, *Health Teacher* curriculum is now available in five classroom-ready binders. This comprehensive K-12 curriculum addresses knowledge, attitudes, and skills development and provides opportunities for students to practice skills that promote lifelong health. Every lesson integrates health skills and content to align with the National Health Education Standards. The lessons make use of a variety of instructional approaches, including role-plays, cooperative learning activities, independent work, and classroom demonstrations. 2003

Know Your Body[®] 2nd edition 3rd edition

Audience: E

Kendall/Hunt Publishing

Comprehensive, skills-based school health curriculum for grades K-6. This curriculum addresses all of the VT health education content areas and aligns with the VT health education standards. Curriculum provides performance assessments and teacher's guide for each grade level. 1996

The following books identified within grade level modules are also available.

Kindergarten: *The Very Hungry Caterpillar; Dr Seuss's Sleep Book; How Many Teeth; Eating the Alphabet; Germs Make Me Sick; The Cat in the Hat; Do Whales Have Belly Buttons?; Happy Birthday to You; Big Blue Whale; Clifford's Good Deed; A Friend is Someone Who Likes You; Watch Out for Banana Peels; The Berenstain Bears Go to the Doctor; and The Grouchy Ladybug*

Grade 1: *Growing Vegetable Soup, I Know Why I Brush My Teeth, The Tooth Fairy, Pancakes for Breakfast, The Berenstain Bears Visit the Dentist, The Little Red Hen, All About Asthma, Tikki, Tikki Tembo., But Names Will Never Hurt Me, Little Rabbit's Loose Tooth, Clifford Visits the Hospital, Doctor DeSoto, The Berenstain Bears Don't Pollute Anymore, and Germs, Germs, Germs*

Grade 2: *Curious George Rides a Bike; Ramona the Brave; Sarah, Plain and Tall; The Ugly Duckling; Doctor DeSoto Goes to Africa; and Carousel*

Grade 3: *Best Friends for Francis; The Meanest Thing to Say; The Bullies of Barkham Street; Oliver Button is a Sissy; Chicken Sunday; Sammy's Mommy Has Cancer; and The Giving Tree*

Grade 4: *Germs Make Me Sick and Losing Uncle Tim*

Grade 6: *The Sneetches and Other Stories*

Life Planning Education

Audience: MS, HS

Advocates for Youth

New chapters on sexuality, relationships, health, violence prevention, and community responsibility with updated chapters on skills-building, values, self-esteem, parenthood, employment preparation, and reducing sexual risk taking. 1995

Comprehensive Health: Curricula, Activity Guides & Videos

Michigan Model for Comprehensive School Health Education

Audience: MS, HS

- All "Bets" Are Off! (Gambling Prevention Module for grades 7-8)
- Building Character in Ourselves and Our School (Character Education Module for grades 9-12)
- Building Character Through Service Learning (Service Learning Module for grades 7-12)
- Choosing Who I Am - Choosing Who I Become (Character Education Module for grades 7-8)
- Don't Bet On It! (Gambling Prevention Module for grades 9-12)
- Healthy and Responsible Relationships (HIV and Sexuality Module for grades 9-12)
- Help Yourself to Good Nutrition (Nutrition Modules for grades 9-12)
- HIV, AIDS and Other STDs (STD Prevention Module for grades 7-8)
- It's No Mystery: Tobacco Is a Killer! (Tobacco Prevention Module for grades 7-8)
- It's Time to Move! (Physical Activity Module for grades 7-8)
- Managing Conflicts and Preventing Violence (Violence Prevention Module for grades 9-12)
- Managing Life in a Less-Than-Perfect World (Character Education Module for grades 9-12 alternative education)
- Protect A Friend: Share Your Skills (Alcohol and Other Drug Prevention Module for grades 7-8)
- Stay Physically Active-For Life (Physical Activity Module for grades 9-12)
- Teens Campaign Against Tobacco (Tobacco Prevention Module for grades 9-12)
- Teens Voice Solutions to the Problem of Alcohol, Tobacco and Other Drugs (ATOD Prevention Module for grades 9-12)
- The Two "R's" for Stopping Assault and Preventing Violence (Violence Prevention Module for grades 7-8)
- What's Food Got to Do with It? (Nutrition Module for grades 7-8)

NIH Curriculum Supplement Series

Audience: MS

NIH Curriculum Supplement Series are interactive teaching units that combine cutting-edge science research discoveries from the National Institutes of Health, one of the world's foremost medical research centers, with state-of-the-art instructional materials. Each supplement is a teacher's guide to two weeks' of lessons on science and human health. This series includes the following:

- **Chemicals, the Environment, and You: Explorations in Science and Human Health -**
Students explore the relationship between chemicals in the environment and human health, utilizing basic concepts in the science of toxicology
- **Doing Science: The Process of Scientific Inquiry**
Grades 7- 8
Students explore the basics of scientific inquiry, refine their critical-thinking skills, and appreciate the purpose of scientific research.
- **How Your Brain Understands What Your Ear Hears**
Grades 7- 8
Investigate the multisensory process of human communication and understand the fundamentals of sound and how to prevent hearing loss.
- **Looking Good, Feeling Good: From the Inside Out (Exploring Bone, Muscle, and**

Comprehensive Health: Curricula, Activity Guides & Videos

Skin) - Students learn about the structures of the musculoskeletal and skin systems, the interactions between these body systems, and the factors that influence their functions.

- **Open Wide and Trek Inside!**

Grades 1 - 2

Beyond the traditional “brushing and flossing” curriculum, this module focuses on the science of the oral environment, and major scientific concepts relating to oral health.

- **The Brain: Our Sense of Self**

Grades 7- 8

Expand basic understanding of brain function and the nervous system.

- **The Science of Energy Balance: Calorie Intake and Physical Activity** - Explore the scientific principles of energy balance within the body (energy in versus energy out) and their impact on human health.

- **The Science of Mental Illness**

Grades 6- 8

Students gain insight into the biological basis of mental illnesses and how scientific evidence and research can help us understand its causes and lead to treatments and, ultimately, cures.

- **Understanding Alcohol: Investigations into Biology and Behavior** - Learn about the science underlying the effects of alcohol on human biology and behavior. 2006

Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY)

Audience: HS

Eggert, Nicholas and Owen

Reconnecting Youth (RY) is an indicated school-based program for youth in grades 9 to 12 at risk for school dropout and exhibits multiple behavior problems. It uses a partnership model involving peers, school personnel, and parents to deliver interventions that address decreased drug involvement, increased school performance, and decreased emotional distress. 1st Edition (1995) 2nd Edition (200?)

Skills for Adolescence

Audience: ES, MS
Curriculum

Lions-Quest

Lions-Quest Skills for Adolescence is a comprehensive positive youth development and prevention program designed for school wide and classroom implementation in grades six through eight (10 to 14 years old). Includes 102 skill-building lessons, and nine topical skill-building and prevention units. Student and parent workbooks reinforce self-discipline, respect and responsibility, improved communication skills, critical thinking, anger management and conflict resolution.

Teaching Children About Health

Audience: E

Estelle Weinstein & Efreem Rosen

This book has been written for both the health educator in interdisciplinary settings and elementary school classroom teachers. It is aimed at helping teachers become more knowledgeable about and more comfortable with health topics. Includes easy to use lessons with ideas for infusion into curriculum. 1999

Comprehensive Health: Curricula, Activity Guides & Videos

Teenage Health Teaching Modules (THTM)[®]

Audience: MS, HS

EDC, Inc.

THTM is a research-based and independently evaluated comprehensive health curriculum for grades 7-12. It provides adolescents with the knowledge, skills, and understanding necessary to act in ways that enhance their immediate and long-term health. *THTM* is comprised of a series of modules that include a teacher's guide with activities and handouts. Modules range from six to 15 lessons designed for a 45-minute class period.

- **Grades 6-8:** *Aggressors, Victims, & Bystanders, Being Fit, Building Foundations, Choosing Not to Use, Communicating with Caring, Growing into Healthy Sexuality, Having Friends, Integrating AIDS into THTM, Preventing AIDS*
- **Grades 9-10:** *Integrating AIDS, Living w/ Feelings, Preventing AIDS, Preventing Injuries, Protecting Oneself & Others (ATOD), Strengthening Relationships w/ Family & Friends, Teacher's Guide for Grades 9 & 10, Violence Prevention*
- **Grades 11-12:** *Integrating AIDS, Locating Health Res, Preventing AIDS, Healthy Sexuality, Respecting Healthy Sexuality*

Totally Awesome Health

Audience: E, MS

Meeks Heit Publishing Co.

A three-ring binder for each grade level that contains everything the classroom teacher needs to implement a creative skill-based health education program. 1996

Totally Awesome Strategies for Teaching Comprehensive Health

Audience: E, MS, HS

Linda Meeks and Philip Heit

This book provides for user friendly, fun activities for teaching the ten traditional health content areas. Each chapter provides current background info. on that content area plus an array easy to implement teaching activities. 1996

WOW! World of Wellness

Audience: ES

Human Kinetics

The World of Wellness Health Education series helps you teach K-5 students how to lead healthy, active lives. WOW! includes student Big Books, student texts, teacher's guides, and CD-ROMs that offer lessons about health, nutrition and physical activity while also strengthening students' reading and writing abilities. 2005

Vermont Health Education Guidelines

Audience: Adult

Vermont Department of Education

This manual, based on the *Vermont Framework of Standards and Learning Opportunities* was developed to support VT school staff in the development of curriculum, instruction, and assessment of students' knowledge and skills in health education. 2002

Team Up! Linking Health and Learning

Audience: Adult

Vermont Department of Health and Education

DVD - 15 minutes

This resource produced by Cabot Creamery in partnership with the Vermont Coordinated School Health team includes tools and resources to assist schools in starting their own school health teams. Four Vermont school health teams share the benefits they have experienced by using a coordinated approach to improve students' health and learning. 2005

Comprehensive Health: School Health Services Resources

Standards of Practice: School Health Services

Audience: Adult

Vermont Department of Education

Revised school health services manual provides guidance and resources for the development, implementation and evaluation of high quality school health services. 2005

Opening and Closing Pandora's Box

Audience: Adult

Children of Alcoholics Foundation

Opening and Closing Pandora's Box teaches health care professionals to talk about sensitive family problems with patients and their parents. 1998

Journal of School Health – Managing Asthma in Schools

Audience: Adult

American School Health Association

- Comparison of parent and student responses to asthma surveys
- Garnering administrative support for school-based asthma education programs
- Evaluation and sustainability of healthy learners asthma initiative
- Partners in school asthma management: Evaluation of a self-management program for children with asthma
- Managing asthma in schools

Nursing Grand Round Videos

Audience: Adult

AHEC

- *Adolescent Development Tools* (October 2000)
- *Childhood Asthma: A Community Approach to Management* (November 2000)
- *Influence of Media on Youth – Alcohol & Tobacco Prevention* (May 2001)

Nursing is Great!

Audience: E

Betsy Ellis-Kempner

VHS - 9 minutes

This video features Vermont children talking to kids about nursing. It touches on the varied roles and work settings of male and female nurses. Great for use in elementary classroom discussion or health/career fairs. 2002

School Food Allergy Program

Audience: Adult

NET

VHS – 19 minutes

Video & reference book for disseminating information about life threatening food allergies. 1995

Emotional & Mental Health: Books & Reference

100 Ways to Enhance Self Concept in the Classroom

Audience: Adult

Jack Canfield

This handbook for teachers and parents provides theoretical and practical info. and activities for building self-concept among children and young adults. Activities are well suited to classroom and group settings. 1976

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Audience: E

Judith Viorst

This book focuses on the "terrible, horrible, no good, very bad days" children can have. 1972

All Kids Are Our Kids

Audience: Adult

Peter Benson

In his book, Search Institute's president presents a comprehensive vision of what children and adolescents need to grow up healthy and what everyone in a community must do to rebuild this foundation for healthy development. 1997

Are You Sad Too?

Audience: Adult

Dinah Seibert, Judy Drolet, & Joyce Fetro

Suggestions for teachers, parents and other care providers for helping children deal with loss and death. 1993

Badger's Parting Gifts

Audience: E

Susan Varley

All the woodland creatures love old Badger, who is their confidante, advisor, and friend. When he dies, they are overwhelmed by their loss. Then, they begin to remember. Told simply, this uplifting story will be of value to children and parents. 1984

Beyond Discipline from Compliance to Community

Audience: Adult

Alfie Kohn

Alfie Kohn questions the assumption that problems in the classroom are always the fault of students who don't do what they are told, suggesting that we might instead reconsider what they have been told to do – or to learn. He shows how fundamentally cynical view of children lies beneath the assumption that we must tell them exactly how we expect them to behave and then offer "positive reinforcement" when they obey.

Boxed In and Bored

Audience: Adult

Peter C. Scales, Ph.D.

How MS Schools continue to fail young adolescents and what good middle schools do right. 1996

Bringing Up Kids without Tearing Them Down

Audience: Adult

Dr. Kevin Leman

Bringing Up Kids without Tearing Them Down is packed with tools you need to underwrite your kids' lives with a solid sense of self-worth and confidence. At the end of each chapter, you'll find steps to follow in your own family, plus self-evaluating questions that help you gain insight into your own parenting style. Also included is a question-and-answer section to quickly reference specific problem areas.

Emotional & Mental Health: Books & Reference

Building Communities from the Inside Out

Audience: Adult

John Kretzmann and John McKnight

This new guide called “asset-based community development” summarizes lessons used to train entire organizations, boards of directors, committees and even individuals how to run meetings more effectively.

Communities That Care

Audience: Adult

J. David Hawkins & Richard Catalano, Jr.

Substance Abuse has many costs - not just for individuals. *Communities That Care* shows educators, parents, and other concerned adults how they can work together to create a comprehensive, community wide prevention program that effectively confronts the serious drug and alcohol problems threatening our youth. 1992

Conflict Resolution and Mediation for Peer Helpers

Audience: Adult

Sorenson, Don L.

This book explores conflict resolution strategies and presents a systematic approach to mediation for peer helpers. A 15-step peer mediation program is outlined, and an overview of the peer mediation process is presented. Additional thoughts on mediation such as working together to resolve the conflict, competition is not the enemy, influence, resistance, manipulation, and positive perceptions, are discussed. 1992

Creating the Teachable Moment an Innovative Approach to Teaching & Learning

Audience: Adult

Darlene L. Steward

Creating the Teachable Moment shows educators how to establish a climate of stability and well-being in the classroom, one that reduces stress and boredom and encourages creative insight, productivity, and achievement. Based on the belief that positive change in the quality of education can only occur when teachers are in the mood to teach and students are in the mood to learn, this book provides an innovative new way of looking at the process of learning.

Developmental Assets

Audience: Adult

Peter Scales & Nancy Leffert

Developmental Assets provides critical information for scholars and leaders who seek to understand the rich traditions of scientific research that undergrid the asset model. Invaluable reference for people who seek to build assets for youth in their organizations and communities. 1999

Fall of Freddie the Leaf

Audience: E

Leo Buscaglia, Ph.D.

A story of death and dying as related to leaves on the tree of life. 1982

Feed You Head

Audience: HS, Adult

Earl Hipp

This book is a collection of writings by youth and for youth that focus on learning from other young people's experiences. Helps you ask the right questions, let you know you are not alone, encourage you to love and respect yourself, suggest some skills to develop and most importantly encourage you to reach out for help when you are up against more that you can handle. 1991

Emotional & Mental Health: Books & Reference

Fighting Invisible Tigers

Audience: MS, HS

Fighting Invisible Tigers: A Stress Management Guide for Teens

Audience: MS, HS

Earl Hipp

Written especially for teens who are overwhelmed, frustrated, tired, or stressed out by the challenges in their lives, *Fighting Invisible Tigers* is a treasury of stress-management and life-management skills. It covers everything from being assertive to building relationships, taking risks, making decisions, staying healthy, dealing with fears, using positive self-talk, and growing a funny bone. 1995

Friends Helping Friends

Audience: HS

A comprehensive field-tested program for training peer counselors.

George and Martha

Audience: E

James Marshall

Picture book about a warm friendship. 1972

Good Mourning Series

Audience: Adult

Johnette Hartnett

Set of six books: The Funeral; Different Losses Different Issues; Children and Grief; Using Grief to Grow; Grief in the Workplace; and Death Etiquette. 1993

Goodbye Forever

Audience: E

Jim and Joan Boulder

A bereavement activity book. 1994

Great Places to Learn

Audience: Adult

Neal Starkman, Peter Scales & Clay Roberts

This book offers a practical, proactive approach to helping students succeed both academically and developmentally. Handouts, charts and action lists give you the tools needed to build developmental assets for students. 1999

HEALS Program

Audience: Adult

Anne Black & Penny Simpson-Adams

Hospice Expressive Arts Loss Support (HEALS) Program for educators. 1992

Healthy Teens

Audience: Adult

Alice McCarthy

This book is a guide for families and teens that address important issues, including depression, development, eating right, sexual issues, substance abuse teen assets the world of work, violence, and offers practical suggestions for dealing with these issues. 1997

Living With Grief After Sudden Loss

Audience: Adult

Hospice Foundation of America

Resource guide on dealing with the crisis of sudden loss. 1996

Emotional & Mental Health: Books & Reference

The Mentor Program Handbook

Audience: Adult

Shirley D. Hammond, M.Ed.

Now there's a booklet with all the information needed to help elementary and secondary school staff and community volunteers implement one-to-one friendships with students needing special attention. From essential elements of a successful mentor program to qualifications and responsibilities of key players in the mentor program, it's filled with useful information. Includes a suggested agenda for mentor orientation and training sessions; suggested guidelines and themes for meetings; a mentor's agreement; and a host of sample forms to help you establish a successful mentor program in your school or community

Mentoring High-Risk Kids

Audience: Adult

Through vignettes and specific examples, this booklet explains mentoring and how a positive, guided relationship can help high-risk kids. Describes how behaviors such as irresponsibility, alcohol and drug abuse and gang involvement can be countered by positive influence from a caring adult.

Modello an Inside-Out Model of Prevention and Resiliency in Action through Health Realization

Audience: Adult

Jack Pransky

The story of *Modello*, is a story of hope, a story of what can happen when people – no- matter their race, class, ethnicity, gender – realize their innate resilience – the power they possess to transform and change their lives. In these times when many people are feeling a growing sense of powerlessness to change society. *Modello* demonstrates that social change is an inside-out process. It starts with each of our hearts and minds, with our thoughts about ourselves and others.

Motivating Schools to Change

Audience: Adult

Carole Cooper and Nan Henderson

This booklet paints a clear, simple picture - to be shared with school staff, students, parents, and others connected with the school community - of why schools need to change to better prepare students as major contributors to society and to the improvement of our world. 1995

My Feelings, My Self

Audience: MS, HS

Lynda Madaras with Area Madaras

This book assists in defining teen problems and creating solutions. This will increase a young woman's confidence in understanding her feeling and her life. 1993

Nana Upstairs and Nana Downstairs

Audience: E

Tomie de Paola

An extremely moving book dealing with loss of a grandmother. 1981

The New Golden Rule

Audience: Adult

Amitai Etzioni

The New Golden Rule invites us to examine how a communitarian society, one in which order is largely based on moral commitments rather than on law, should operate in practice- and what values we must bring to our social interactions if we are to achieve stronger and more enduring ties.

Emotional & Mental Health: Books & Reference

On Death and Dying

Elisabeth Kubler-Ross

A classic book about grief, death, and bereavement.

Audience: Adult

Overcoming the Odds

Emmy E. Werner & Ruth S. Smith

Overcoming the Odds looks closely at the lives of an ethnically diverse group of 505 men and women who were born in 1955 on the Hawaiian island of Kauai and have been monitored from prenatal period through early adulthood. The authors focus on both the vulnerability and the resiliency of those who overcame great odds to grow into competent and caring adults. 1992

Audience: Adult

Parenting from the Heart

Jack Pransky

Parenting from the Heart cuts through to the essence of parenting to focus on what lies behind parenting techniques so parents won't have to rely on them. This is the Health Realization approach to parenting. It is a warm, easy-to-understand, down-to-earth, simple but effective approach that prevents problems in young people and builds resilience. Yet it presents the opposite of most other parenting books and courses where parents are expected to put a host of techniques into practice and know the "right" thing to do in any given situation. Instead, this book points parents to their own hearts and common sense.

Audience: Adult

Please Talk with Me

Ronald Gaetano and Jim Grout

This booklet provides guidelines on how to conduct teen-adult dialogue. 1991

Audience: MS, HS

Preventing Teen Suicide

VT Governor's Task Force

Summary of the current findings of the Vermont Task Force on risk factors associated with youth suicide and promising interventions and prevention strategies. 1997

Audience: Adult

Resiliency in Schools

Nan Henderson, Mike Milstein

Assist students in moving from "at risk" to resilient and help all students and teachers bounce back from stresses, setbacks, and challenges. Resiliency provides an important foundation for the business of education. 1996

Audience: Adult

The Resilient Self: How Survivors of Troubled Families Rise Above Adversity

Steven Wolin, M.D. & Sybil Wolin, Ph.D.

This book is based on clinical experience and extensive interviews with survivors of troubled families. 1994

Audience: Adult

Reviving Ophelia

Mary Pipher, Ph.D.

Why are more American adolescent girls prey to depression, eating disorders, addictions and suicide attempts than ever before? Reviving Ophelia issues a call to arms and offer parents compassion, strength, and strategies with which to revive these Ophelia's lost sense of self. 1994

Audience: Adult

Emotional & Mental Health: Books & Reference

Saddest Time, The

Audience: E

Norma Simon

This book describes the loss of a grandfather and a child's experience with grief and death. 1986

Skill-Streaming in Early Childhood

Audience: Adult

Teaching Pro-social Skills to the Preschool and Kindergarten Child

Ellen McGinnis and Arnold P. Golstein.

This book includes all the information necessary for planning and implementing pro-social skills instruction for preschool and kindergarten children. This book provides teachers and others working with preschool and kindergarten children with a well-validated techniques to systematically teach the behaviors necessary for effective and satisfying and social interactions-in school, on the playground, and at home.

Starting Out Right

Audience: Adult

Nancy Leffert Ph.D., Peter Benson Ph.D., Jolene Roehlkepartain

Conceptual framework of developmental assets for infants and toddlers, preschoolers and elementary age children. 1997

Step By Step To Peer Health Education

Audience: Adult

Malcolm Goldsmith Ph.D., Sherri T. Reynolds BSN

Step-by-step plans for designing & implementing a peer health education program. 1997

Structured Exercises in Stress Management

Audience: All

A Whole Person Handbook for Trainers, Educators and Group Leaders

Guides you in helping your audience learn through interaction, while encouraging them to plan and set goals for change. Includes icebreakers, stress assessments, management strategies, skill builders, planning and closure processes, group energizers, and resources.

Suicidal Youth

Audience: Adult

John Davis & Jonathan Sandoval

This book combines research and clinical practice on adolescent suicide and provides school personnel with resources to become more sensitive & competent in identifying and helping at-risk youth. 1991

Suicide Prevention in Schools

Audience: Adult

David Capuzzi, Ph.D.

Provides guidelines for faculty and staff in middle and high school on suicide prevention. 1994

Tenth Good Thing About Barney

Audience: E, MS

Judith Viorst

This book deals with the loss of a pet and ways to remember. 1971

Too Smart For Trouble

Audience: E

Sharon Scott

Cartoons, practice skills, and real-life peer pressure stories help children learn how to say no to trouble. 1990

Emotional & Mental Health: Books & Reference

Trust Your Feelings

Audience: E

C.A.R.E

This book explains to children that there are three kinds of touches: Okay, Not Okay and Confusing touches.

Understanding Early Adolescence: A Framework

Audience: Adult

John P. Hill

Understanding Early Adolescents: A Framework is one of a series of papers on 10- to 15- year-old youth as they develop in their families, their communities, and their schools. The purpose of this paper is threefold; to define the classic issues of adolescent development further; to summarize briefly the selectively what we do and not do know about development in adolescence; and, most important, to put the issues in a framework that helps to make sense out of adolescence as a whole

Unlocking Doors to Self-Esteem

Audience: MS, HS

Fox, C. Lynn; Weaver, Francine Lavin

This book presents content-oriented activities for grades 7-12 designed to promote self-esteem. Also listed are books for students and teachers, films and filmstrips, and various manipulative materials including games and simulation activities. 1990

What Teens Need To Succeed:

Audience: Adult

Proven, Practical Ways to Shape Your Own Future

Peter L. Benson, Ph.D., Judy Galbraith, M.A., and Pamela Espeland

This book describes 40 developmental assets that all teens need to succeed, then gives hundreds of suggestions teens themselves can use to build their own assets at home, at school, in the community, in their congregation, with friends, and with youth organizations. “*What Teens Need to Succeed*” inspires and empowers teens to build their own assets. It introduces the concept of asset building, invites readers to identify the assets they need in their lives, and gives specific suggestion son how to build them.

What Young Kids Need to Succeed

Audience: Adult

Jblene L. Roehlkepartain & Nancy Leffert, Ph.D.

Readers learn how to build developmental assets - family support, positive values, social skills and more in four different age groups from birth to 11 years. 2000

What Young Kids Need to Succeed: A Leaders Guide

Audience: Adult

Jolene L. Roehlkepartain & Nancy Leffert, Ph.D.

A leader's guide is a companion to the book. It gives educators the knowledge and materials they need to lead a series of workshops for parents and other caring adults.

Where's Mittens?

Audience: E

JoAnne Nelson

In this simple book rhyming text addresses the grieving process that a young boy experiences when his beloved pet dog is killed in a train accident. 1993

Emotional & Mental Health: Curricula & Resource/Activity Guides

An Asset Builder's Guide to Youth Leadership

Audience: Adult

Search Institute

This hands-on workbook provides tools, ideas, tips and suggestions for nurturing developmental assets in young people through leadership opportunities. 1999

Break It Up: A Teacher's Guide to Managing Student Aggression

Audience: Adult

Arnold P. Goldstein, James Palumbo, Susan Striepling, Anne Marie Voutsinas.

This publication provides step-by-step procedures for safely handling student disruptiveness and aggression as well as student fights. The comprehensive fight management system detailed in this publication is demonstrated in the videotape.

Building Assets Together

Audience: MS, HS

Jolene L. Roehlkepartain

135 group activities for helping youth succeed. Building Assets Together grows out of ground breaking Search Institute research on factors that are vital for helping you succeed in life. 1997

Building Foundations: Developing Skills for Life

Audience: MS

EDC, Inc.

Teenage Health Teaching Modules

Applying what has been learned from the research on academic success, adolescent development, resiliency, and asset building this module focuses on the skills of communication, decision-making, and goal setting for grades 6-8. Module includes teacher's guide, handout masters, and 14-minute video. 2003

Building Me: A Resiliency Skills Curriculum for Young Children

Audience: E

CODAC Behavioral Health Services of Pima County, Inc.

Building Me was developed to provide easy to use activities that an experienced or beginning teacher will find creative and enjoyable. Each unit contains ten activities, with nearly fifty enrichments or extensions.

Communicating with Caring

Audience: MS, Adult

EDC, Inc.

Teenage Health Teaching Modules

This module with video provides a structure for caregivers and early adolescents to talk about sexuality in an open and supportive atmosphere. Activities (some of which are for caregivers, others for early adolescents, and others for caregivers and adolescents together) impart information about human sexuality and help adults and adolescents build concrete skills to talk with each other about sexuality. Grades 6-8. 2003

Communication & Self-Esteem

Audience: HS

ETR Associates

Choosing Health High School

This activity book offers planned activities to help students develop positive attitudes about themselves and build essential communication, problem-solving and decision-making skills. 1997

Conducting Support Groups for Elementary Children K-6 Book

Audience: Adult

Jerry Moe & Peter Ways

In this comprehensive guide educators will learn step by step how to build a support group program in their school setting. A wealth of examples and ready-to-use ideas. 1991

Emotional & Mental Health: Curricula & Resource/Activity Guides

Esteem Builders

Audience: E, MS

Dr. Michele Borba

A book to improve student achievement, behavior, and school climate, offers educators a comprehensive program for teaching self-esteem. Includes over 250 tested activities, worksheets, and complete lesson planner. 1989

Getting Along with Others Teaching Social Effectiveness to Children & Skill Lessons Book

Audience: Adult

Nancy F. & Donald A. Jackson, Cathy Monroe

This book is a program that combines the wisdom of the direct intervention approach with systematic instructional techniques. The result is a package that (1) creates a setting for introducing and practicing new skills systematically and (2) provides the tools for maximizing the potential for learning social skills during spontaneous interactions. 1983

A Leader's Guide to Fighting Invisible Tigers: A Stress Management Guide for Teens

Audience: MS, HS

Earl Hipp, Connie Schmitz

The *Leader's Guide* supports and enhances the messages of the *Student Book* with a step-by-step curriculum in 12 easy-to-use sessions. Includes reproducible handout masters. 1995

Handshake Kit

Audience: MS, HS

Hands-on Productions

A fun, interactive way to address respect, tolerance, and to increase bonds among students and the school community. Activity requires students to "cast" hands in a handshake position. Teacher's guide included. 2001

Having Friends

Audience: MS

EDC, Inc.

Teenage Health Teaching Modules

This module for grades 6-8, focuses on the skills needed to develop and maintain friendships, to deal with loneliness and shyness, and to promote healthy decisions among friends. 1983

Healthy Communities Healthy Youth - Tool Kit

Audience: Adult

Search Institute

This toolkit includes tips, checklists, handouts and other practical ideas for asset-building communities. 1998

Life Lessons for Young Adolescents

Audience: MS, HS

Fred Schruppf

A guide for teachers working with youth in any form of advisory program. 1993

Living With 10- to 15- Year-Olds: A Parent Education Curriculum

Audience: Adult

This curriculum provides school leaders, community groups, congregations and other organizations with information and guidance in addressing early adolescent development, family interaction, communications, sexuality and risk-taking behavior.

Emotional & Mental Health: Curricula & Resource/Activity Guides

Living with Feelings & Handling Stress

EDC, Inc.

Audience: HS

Teenage Health Teaching Modules

This module for grades 9-10 focuses on empowering students to make use of a variety of positive coping strategies that can help them during times of intense feelings and stress. Promotes an understanding that feelings and stress are natural parts of life. 1991

Locating Health Resources

EDC, Inc.

Audience: HS

Teenage Health Teaching Modules

This module for grades 11-12 helps students learn about a variety of healthcare resources in their community and develop the skills to seek help when necessary.

Pass It On!

Search Institute

Audience: All

Spread the asset message to all kinds of people in all kinds of settings quickly and effectively with this set of 92 asset building handout masters. 1999

Personal and Social Competence

Joyce V. Fetro and Judy C. Drolet

Audience: HS

Learning activities that focus on the strategies for developing competence and confidence in using the skills of communication, decision-making, goal setting and stress management. 2000

Personal and Social Skills: Levels 1, 2 & 3

Joyce Fetro, Ph.D.

Audience: MS, HS,

These three books are the latest addition to a skills series developed to provide the skills to teach the skills of communication, decision-making, goal setting and stress management to educators addressing health related issues with youth:

- Level 1 – Builds foundation for skills development
- Level 2 – Provides strategies that reinforce and enhance skills
- Level 3 – Provides skills challenges that will lead to mastery and real world success

Reconnecting Youth

Leona Eggert, Liela Nicholas, Linda Owen

Audience: Adult

A Peer Group Approach to Building Life Skills. The overall purpose of this research-based program is to reach high-risk youth, which are on a potential dropout trajectory. 1995

Safe by Design: Planning and Resource Guide

Sarah Miller, Janine Brodine, Terri Miller.

Audience: Adult

This is the first volume in a two-volume set that provides schools and communities with information, tools, and processes for working together to create safe and peaceful environments for children.

School-Based Student Support Groups:

A Step-By-Step Curriculum Guide for Facilitators (Volumes 1 & 2)

Audience: Adult

Kelli E. Mather and Linda K. Ellington

A step-by-step curriculum/group discussion section is provided so that time is not wasted attempting to develop your own curriculum. This manual also provides a clear, concise outline for the more skilled facilitator, providing ideas that can be developed further.

Emotional & Mental Health: Curricula & Resource/Activity Guides

Self-Esteem

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

Activity book and fact book help students identify high and low self-esteem behaviors and to build their own self-esteem. 1996

Skillstreaming the Adolescent

Audience: MS, HS

Arnold P. Goldstein and Ellen McGinnis.

A structured approach to teaching prosocial skills. Revised edition. 1997

Skillstreaming the Elementary School Child

Audience: E

Ellen McGinnis and Arnold P. Goldstein.

A guide for teaching prosocial skills. Revised edition. 1997

Smiling At Yourself

Audience: E

Allen Mendler

Resource guide to educating young children about stress and self-esteem. 1990

SOS Signs of Suicide High School Program®

Audience: HS

Screening for Mental Health/Youth

SOS is an evidence-based program of suicide prevention and depression awareness that can be implemented during one or two classroom periods. It also addresses related school violence and alcohol use, and includes educational components for students, school staff and parents.

SOS Signs of Suicide Middle School Program®

Audience: MS

Screening for Mental Health/Youth

Based on the successful evidence-based high school program, the SOS Middle School Program for grades 6 through 8 helps youth recognize the signs of suicide, depression, and self-injury and respond to them effectively, using the ACT model. The program can be easily replicated in a variety of settings serving youth and implemented in one or two classroom periods by existing staff. Educational materials for parents and staff are provide

Taking Asset Building Personally

Audience: All

Search Institute

Planning Guide and Personal Action Workbook. This resource kit is designed to help individuals of all ages and from all walks of life make a personal commitment to building assets in all children and youth. 1999

Talk With Teens About Self and Stress

Audience: MS, HS

Jean Sunde Peterson

A fun-filled book of 50 guided discussions for school and counseling groups to cope with stress. 1993

Thinking, Feeling, Behaving

Audience: E, MS, HS

Ann Vernon

Two books: grades 1-6 and grades 7-12

An emotional education curriculum designed to provide educators, counselors and others working in the schools with a comprehensive approach to help youngsters learn positive mental health concept. 1989

Emotional & Mental Health: Curricula & Resource/Activity Guides

Understanding Mentoring Relationships

Audience: Adult

Rebecca N. Saito and Dale A. Blyth, Ph.D.

This study presents a typology of mentoring that includes, traditional mentoring programs, long-term focused activity, short-term focused activity, team mentoring and group mentoring.

Unlocking Doors to Self Esteem

Audience: MS, HS

C. Lynn Fox, Ph.D. & Francine Lavin Weaver, M.A.

Provides 100 self-esteem lesson plans that can be integrated into English, drama, science, career education, social science and physical education. 1990

Emotional & Mental Health: Videos

40 Assets

Search Institute

This motivational video introduces these 40 positive foundation building assets and shows how they really do make a difference. It gives background on Search Institute's' research. 1998

Audience: Adult

VHS - 8 minutes

A Life Saved: The Story of a Suicide Intervention

The NoodleHead Network

This true story documents a suicide intervention that followed just days after a group of middle schools students viewed “Suicide. A Guide to Prevention”. Concerns about their friend’s safety prompted these students to talk to their school guidance counselor and save a life. 2005

Audience: MS, HS

VHS - 11 minutes

Ask for It

AGC/United Learning

This video helps teach elementary-aged students how to ask for things that belong to someone else. Ages 3-8. 1986

Audience: E

VHS – 20 minutes

Becoming Skill Wise

CHEF

Training video for educators on teaching social skills. Includes rationale for teaching skills, how to teach skills through modeling and practice, and strategies for using. Includes trainer’s manual. 1993

Audience: Adult

VHS – 43 minutes

Child’s View of Grief, A

National Cremation Society

Video addresses needs of children experiencing loss. 1999

Audience: Adult

Creating Healthy Communities for Kids

Search Institute

This video presents the vision for the movement and true stories about the powerful impact it's having in communities and in the lives of you people. It features Dr. Peter Benson and other leaders and shows how any community can start over and become a positive, loving, supportive place for all young people. 1998

Audience: Adult

VHS - 12 minutes

Cry for Help: Depression & Suicide, A

Paraclete Press

Video focuses on warning signs and strategies/actions to take when concerned about a person. 2001

Audience: MS, HS

VHS – 22 minutes

Deciding

AGC/United Learning

This video is set in the year 2016. While cleaning an attic with his daughter, a father recalls a difficult decision he struggled with in 6th grade. Addresses decision-making and consequences. 1993

Audience: E, MS

VHS – 9 minutes

Don’t Stop Before You Get Started: An Adventure in Self-Esteem

The NoodleHead Network

Teaches positive self-esteem through involvement, contribution, and taking positive risks. Start on an adventure towards greater self-confidence and self-respect that leads to greater achievement. 1996

Audience: MS

VHS – 18 minutes

Emotional & Mental Health: Videos

Dying is Not an Option: Thinking about Suicide

Human Relations Media

Audience: MS, HS

DVD – 58 minutes

This DVD informs teens about the specific warning signs of suicide using real teen speakers to get its points across. The video encourages viewers to appreciate that—even during periods of despair—there are ways to reach out and avoid the cycles of rebellion and isolation that can often lead to desperate acts. Viewers are reminded of the formidable healing power of the human spirit, and the often-overlooked fact that we can help one another through desperate moments.

Families & Schools: Teaming for Success

Dorothy Rich

Audience: Adult

VHS - minutes

This video and guide offer an opportunity to build a partnership among school, home, and community. These materials, keyed to new legislative mandates, are designed to increase understanding about the complementary roles of school, family, and community and to provide an overview of successful strategies for building education partnerships.

Fourth “R:” Responsibility

Sunburst

Audience: MS, HS

VHS – 24 minutes

This video helps students explore the ethical concepts and values that are the basis of responsible behavior. True-to-life scenarios get teens talking and thinking about complex ethical situations. Includes teacher’s guide. 2000.

Fragile Times

Perennial Education, Inc.

Audience: MS, HS

VHS – 30 minutes

Profile stories reveal some of the warning signs of potential self-destruction, isolation, and withdrawal from family and friends, anger and aggression, abuse of drugs and alcohol, change in behavior patterns and preoccupation with death.

Freedom Writers

ABC News Home Video

Audience: Adult

VHS - 20 minutes

This is ABC news Primetime Live video reveals the true story of how a teacher is able to turn around her underachieving students.

How Schools Are Creating Resilient Children

Albuquerque Schools Early Opportunities Project.

Audience: Adult

VHS – 30 minutes

This video explains how schools can integrate resiliency recommendations and foster more resilient children.

How to Handle Stress

United Learning

Audience: MS

VHS – 9 minutes

This video addresses issues of stress for young adolescents and offers strategies for dealing with stress in a positive and healthy way. 1999

I Like Being Me: Self-Esteem

Sunburst

Audience: MS

VHS – 24 minutes

Shows the powerful impact self esteem has on their ability to behave in their own best interest. Shows youth where this sense of self worth comes from, how it is fostered by positive or negative feelings, or how it can be changed. Includes teacher’s guide. 1990

Emotional & Mental Health: Videos

Power of Girls (The)

Family Health Productions

This video profiles five young women who talk about some of the challenges they faced growing up and how the support from their family, community and friends helped them. Topics include: bullying, friendship, body image issues with mention of suicide, sexual encounter, and loss of a parent. 2000.

Audience: MS

VHS – 20 minutes

Refusal Skills for Teens under Pressure

Sunburst

Teaches skills that can help teens cope with realities without losing friends. Presents a series of pressure filled situations, then follows each up with a role-play. Includes teacher's guide. 1991

Audience: MS, HS

VHS – 20 minutes

Respect and You

Sunburst

Using scenarios and discussion question format, this video focuses on respect for property, authority, other people's ideas, and differences. Grades 5-9. Includes teacher's guide. 2001

Audience: MS

VHS – 23 minutes

Respect: It Starts with You!

Sunburst

This video uses dramatizations to illustrate how respect for self, others, rules, and authority help foster a more caring atmosphere at school, at home and in the community. Grades 3-5. Includes teacher's guide. 2002

Audience: E

VHS – 20 minutes

Reviving Ophelia: Saving the Selves of Adolescent Girls

Media Education Foundation

Mary Pipher, Ph.D., discusses the challenges facing today's teenagers, especially girls, as well as the role of media and popular culture in shaping their identities. She offers concrete ideas for girls and boys, families, teachers, and schools to help girls free themselves from the toxic influences of today's media-saturated culture. This video presentation brings together ideas from Pipher's books and from her clinical practice in a highly accessible format. It provides a dynamic discussion-starter for classes from high school through college, as well as for parents, teachers, youth, and civic groups. 1998

Audience: MS, HS, Adult

DVD - 43 minutes

Self Image – The Fantasy/The Reality

Castleworks, Inc.

This video digs deep into the American obsession with body image, taking a zoom lens how the media is driving teens to diet constantly, develop eating disorders, use steroids and suffer from low self-esteem. Young adults will learn how to put media images in perspective and listen to who they really are. 1997

Audience: MS, HS

VHS – 30 minutes

Step-by-Step Series by CHEF

Making Friends

VHS – 15 minutes

Skills to help students meet people and develop healthy friendships.

Audience: E, MS

Staying Out of Trouble

VHS – 7 minutes

Skills to help children stay out of trouble by using self-control.

Audience: E

Emotional & Mental Health: Videos

Straight Talk about Peer Pressure

Marsh Media

Using the Straight Talk program format of a “call in” TV show, this video explains the difference between positive and negative peer pressure and offers strategies for developing self-reflection, coping and refusal skills. 2004

Audience: MS

VHS – 15 minutes

Suicide: A Guide to Prevention

The NoodleHead Network

In a kid-friendly way, this video takes the guesswork out of intervening in these situations. It clearly shows kids what to do and what not to do if a fellow teen is talking about suicide or showing warning signs. Created by a group of teens and counseling experts. 1998

Audience: MS, HS

VHS – 13 minutes

Teen Suicide: A Permanent Solution to a Temporary Problem

United Learning

This program centers on the lives of several teenagers. Some admit they have thought about taking their own lives, others have actually tried. The program features Dale and Darlene Emme, parents of a suicide victim who now travel the nation talking to young people about suicide prevention. 1999

Audience: HS

VHS – 20 minutes

Teenage Suicide

Americas Teenage Video Magazine

Brings the issue of teenage suicide out in the open by going straight to the source: the teenagers themselves.

Audience: MS, HS

VHS – 20 minutes

Thought, Word & Deed

State Farm Insurance

Thought, Word & Deed is designed to help you teach your class about respect and responsibility. The video tells a story of four children who learn appropriate behaviors through the powers of thought, word, and deed. Includes teacher’s guide. 1994

Audience: E

VHS – 25 minutes

Tolerance – Responding to Difference

Human Relations Media

The video opens with four scenarios to explore ways in which people are different and the importance of accepting differences without judging or hurting others. The video and teacher’s guide conclude with a section called “Tools for Tolerance” which demonstrates that the tools of empathy, respect, acceptance, and forgiveness can be used to develop more tolerant attitudes. 2000

Audience: MS

VHS - 20 minutes

Tough Decisions: How to Make Them

Sunburst

Program presents a four-step decision-making process that shows students how to figure out their options and then weigh each option against their short or long-term goals. Includes teacher’s guide. 1990

Audience: MS, HS

VHS – 29 minutes

When the Pressure Is On: Groups and You

Program explores the interpersonal group dynamics to give students a realistic look at how groups work. Demonstrates that groups have positive as well as negative aspects. 1990

Audience: MS

Video – 20 minutes

Emotional & Mental Health: Videos

Yes? No? Maybe? Decision-Making Skills

Sunburst

Audience: MS

VHS – 18 minutes

Decision-making skills are demonstrated by the importance of self-awareness, values, and goal setting in evaluating choices. Includes role-playing and presents a five-step process to help students gain confidence and competence. Includes teacher's guide. 1990

You Can Refuse

AGC/United Learning

Audience: E, MS

VHS – 20 minutes

Role models healthy choices & responses involving peer pressure. Numerous scenarios, with built in pauses, so teacher can customize. Ages 8-12. 1991

You Can Say No: Here's How

Sunburst

Audience: E

VHS – 23 minutes

Program helps students recognize that they have the right to act in their own best interest. Using problem situations close to young teens' experience. Teaches the assertiveness techniques to enable them to stand up for themselves and gain more control. Includes teacher's guide. 1990

You Have To Live It

Search Institute

Audience: Adult

VHS - 27 minutes

This video lets you see and hear for yourself how schools around the country are building assets for and with students from elementary to the high school level. 1999

Family Life: Books, References & Curriculum

Families

Audience: E

Meredith Tax

Addresses the differences in families and what families are all about. 1981

Families: A Celebration of Diversity, Commitment, and Love

Audience: E, MS

Aylette Jenness

Seventeen children from many backgrounds present a short personal narrative with photographs about their family structures and traditions. 1990

Heather Has Two Mommies

Audience: E

Leslea Newman

This is a storybook with easy text and language. Black and white illustrations about a young girl's experience growing up in a loving family with two lesbian parents. 1989

What Is A Family?

Audience: E

Gretchen Super

Explores social aspects of family life: roles, responsibilities, conflict, sharing, structures etc. 1991

Family Life Education

Audience: E

Lynn Ann DeSpelder and Albert Lee Stricklandd

More than 75 examples of activities which can be used with upper elementary students on topics such as family living, values, sexuality, self-esteem, communication and decision-making. 1982

Family Relationships

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

Offers strategies for resolving conflict and dealing with the stress of family change. 1996

Strengthening Relationships

Audience: HS

EDC, Inc.

Teenage Health Teaching Modules

This module for grades 9-10 provides lessons to equip students with skills that enable them to enhance relationships with family members and friends. Helps students identify and appreciate the significance of supports and influences provided by family members and friends. 1991

We Are A Family: Children's Activities in Family Living

Audience: E, MS

Ana Consuelo Matiella

Activity-oriented lessons present concepts such as family systems, jobs, problems, kindness, and diversity. 1990

HIV/AIDS and other Sexually Transmitted Infections: Books & References

An Alphabet about Families Living with HIV/AIDS

Audience: All

Kathy Tartakoff, Rebecca Sophia Lee, Mary Wilson Blanton, Dr. Lori Wiener
A book of poems and pictures of families living with HIV/AIDS.

AIDS: First Facts for Kids

Audience: E

Linda Schwartz

Easy to understand book with questions and answers regarding HIV/AIDS for grades 4-6. 1997

And the Band Played On

Audience: HS, Adult

Randy Shilts

Background book for adults and secondary level students on HIV/AIDS. 1987

Be A Friend: Children Who Live with HIV Speak

Audience: MS

Lori S. Wiener, Aprille Best, and Philip A. Pizzo

Through their own pictures and words, children with HIV and AIDS share their feelings and tell how it feels to be different from others kids. 1994

Come Sit By Me

Audience: E

Margaret Merrifield

An educational storybook about AIDS and HIV infection for small children ages 4 to 8 and their caregivers. 1990

Daddy and Me: A Photo Story

Audience: E, MS

Jeanne Moutoussamy-Ashe

This striking children's book is a story told by Arthur Ashe's six-year-old daughter about her relationship with her father who has AIDS. Large black and white photos accompany a touching and easy to read text. 1993

Does AIDS Hurt? Educating Young Children About AIDS

Audience: E

Marcia Quackenbush & Sylvia Villarreal

The latest information, terminology and age-appropriate guidelines for educating about HIV and AIDS. 1992

Draw the Line/Respect the Line

Audience: MS

ETR Associates

Stresses the postponing sexual activity is the best plan, covers setting limits to prevent HIV, STD and pregnancy and discusses social pressures, challenges to personal limits and communication and refusal skills.

Friends for Life

Audience: E, MS

Barbara Aiello & Jeffrey Shulman

Storybook about a young girl who finds out her friend has AIDS. She finds the confidence to stand up for her beliefs and the courage to make a difference. 1988

HIV/AIDS and other Sexually Transmitted Infections: Books & References

HIV/AIDS Facts Book

Audience: Adult

American Red Cross

A resource for adult audiences, the HIV/AIDS Facts Book provides the facts base for Red Cross educational efforts to prevent the spread of HIV, the virus that causes AIDS. 2003

HIV Prevention & AIDS Education: Resources for Special Educators

Audience: Adult

Elizabeth Byrom & Ginger Katz

Sample AIDS curriculum scope and sequence K-12 is provided as well as curriculum review checklists for educators who want to identify and select a quality curriculum. Basic information about HIV/AIDS is presented. 1991

Jenny's ABC's: AIDS, Blood and Children

Audience: E

Christine Simpson

Eleven-year-old Jenny tells the story about how her uncle dies of AIDS and educates young children about how you can and cannot get AIDS. 1994

Jenny's Locket

Audience: MS, HS

Christine Simpson

This little book is written by Jenny and is the true story of how she experiences her favorite uncle in the final stages of AIDS. It is the story about life and death, hope and fear, family and compassion, love and rejection. 1994

Living with HIV/AIDS

Audience: MS, HS

Students tell their stories of stigma, courage and resilience. 2006

Losing Uncle Tim

Audience: E

Mary Kate Jordan

This touching story with easy text and colorful pictures discusses how a young boy experiences the death of his uncle. 1989

Quilt, The

Audience: HS

Cindy Rushkin

A resource book for students, parents, teachers, and communities. 1988

Risky Times: How to be AIDS-Smart and Stay Healthy

Audience: HS

Jeanne Blake

A pocket size book for teens with practical information and advice. 1990

What is A Virus Anyway?

Audience: E

David Fassler & Kelly McQueen

Explores germs, viruses, and HIV, both how it is transmitted and prevented. 1990

Z's Gift

Audience: E

Neal Starkman

Helps children understand AIDS and develop empathy for people who have been infected with HIV.

HIV/AIDS and other Sexually Transmitted Infections: Curricula & Activity Guides

***Act Smart. HIV/AIDS Education Curriculum for Three Age Groups* Audience: E, MS, HS**

American Red Cross

This HIV/AIDS education curriculum was developed for boys and girls, ages 6 to 17 years. It is a supplement to a similar program, "SMART Moves," aimed at prevention of drug abuse and premature sexual activity. The program incorporates age-appropriate participatory learning activities, and it emphasizes sexual abstinence, not using drugs, and not sharing needles as the most effective ways to prevent HIV infection. 1995

Aunt Rita's Patient

Audience E

American Red Cross: St. Paul Area Chapter

This revised HIV/AIDS prevention program is geared towards grades 4-6. It uses a story format to teach about the disease process, HIV transmission/prevention, and responding to people with HIV/AIDS. The student workbook is divided into four 30-minute sections. 2002.

***Be Proud! Be Responsible!*[®]**

Audience: HS

L.S. Jemmott, J.B. Jemmott, K.A. McCaffree

Research-validated curriculum that shows credible evidence of effectiveness in reducing health risk behaviors that result in HIV and sexually transmitted infections. This program targets youth ages 13 to 18 in alternative and community education settings. 1994

***Get Real about AIDS*[®]**

Audience: MS, HS

CHEF

Research-based curriculum that shows credible evidence of effectiveness in delaying and reducing health risk behaviors that result in HIV and other sexually transmitted infections. Three different grade level programs: 4-6, 6-9, and 9-12.

HIV & STD

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

This easy to use, classroom ready resource book is filled with creative teaching strategies. 1996

Human Papilloma Virus

Audience: HS, Adult

Vermont Cancer Center at the University of Vermont

A PowerPoint presentation developed to assist secondary school educators to provide facts and teaching materials to educate adolescents about HPV and its significant health risks. 2005

Integrating AIDS into THTM

Audience: MS, HS

EDC, Inc.

Teenage Health Teaching Modules

This module provides ideas for integrating practical lessons focusing on HIV/AIDS into other modules of the *Teenage Health Teaching Modules* program. Grades 6-12.

Listen to the Students

Audience: HS

Family Planning Association of Maine

A student centered HIV/AIDS curriculum. A program created by students and adults to confront the fears and prejudices of HIV/AIDS. 1993

HIV/AIDS and other Sexually Transmitted Infections: Curricula & Activity Guides

Making Proud Choices:

Audience: HS

A Safer-Sex Approach to HIV/STDs and Teen Pregnancy Prevention

This evidence-based eight-module curriculum is an adaptation and extension of the original Be Proud! Be Responsible! curriculum and provides students with knowledge and skills necessary to reduce their risk of sexually transmitted diseases, HIV, and pregnancy. 2000

Positive Prevention: HIV/STD Prevention

Audience: MS-HS

The American National Red Cross

This curriculum is composed of six teacher and student-friendly lessons, pre and post tests, family assignments, and CD with teacher and student materials. Level A targets middle and junior high school; Level B targets high schools students. 2004

Preventing AIDS

Audience: MS, HS

EDC, Inc.

Teenage Health Teaching Module

This module for grades 6-12 addresses the facts and behaviors that put adolescents at risk for HIV infection as well as behaviors that reduce the risk for infection. 1988

Reducing the Risk®: Building Skills to Prevent Pregnancy STD & HIV

Audience: HS

Richard P. Barth

Features new foreword that reviews the most recent research showing that *Reducing the Risk* can lower student's risk for pregnancy, STD and HIV, includes updated statistics in teacher backgrounds and student lessons. Offers role plays that help teens apply skills, Student workbook included. 4th Edition, 2004

Safer Choices – Preventing HIV, Other STD & Pregnancy®

Audience: HS

ETR Associates

This curricula increases knowledge about HIV and other STD; promotes confidence in using refusal skills, examines peer norms and empowers students to avoid HIV. The set includes Level 1 and 2, implementation manual and Peer Leader Training Guide for Preventing HIV, other STD and Pregnancy. Includes posters, handouts and activity packet. 1998

STD & HIV

Audience: HS

ETR Associates

Choosing Health High School

This easy-to-use, classroom ready resource book includes behavioral objectives, creative teaching strategies, step-by-step procedures, evaluation methods, a complete set of student activity sheets and transparency masters and more. 1997

Teaching AIDS: 3rd Edition

Audience: MS, HS

Quakenbush/Sargent

How to teach junior-senior high school students about HIV/AIDS. 1990

AIDS: Answers for Young People

Audience: MS

SVE & Churchill Media

VHS – 18 minutes

This information video is part of the Get Real about AIDS curriculum. Three high school-age peer counselors answer questions in a seventh grade class. 1987

HIV/AIDS and other Sexually Transmitted Infections: Videos & Visuals

AIDS Update: The Latest Facts about HIV and AIDS

Human Relations Media

Audience MS/HS

VHS – 26 minutes

This video reviews the latest information on HIV, explains measures that help lower the risks of HIV, and answers frequently asked questions. The Teacher's Guide includes fact sheets and activities that help students assess risky behavior. Grades 8-12, 2004.

Bloodborne Pathogens

Coastal

Audience: Adult

VHS – 20 minutes

Developed to help school system employees understand the dangers of blood borne diseases and provide safe working methods to reduce the risk of infections. It has natural stopping points to permit discussion during viewing. 1992

Bloodborne Pathogens for Bus Drivers: The Route to Safety

Coastal

Audience: Adult

VHS – 20 minutes

This video, directed toward school bus drivers, explains the Standard Precautions that can prevent the spread of bloodborne diseases. Includes handbook. 1999

Bloodborne Pathogens for Cafeteria Employees: Safety Behind the Line

Coastal

Audience: Adult

VHS – 18 minutes

This video, geared toward cafeteria employees, addresses the proper precautions to take to work safely around food and to keep themselves safe and free from potential disease. Includes handbook. 2000

Bloodborne Pathogens for School Custodians

Coastal

Audience: Adult

VHS – 15 minutes

This video focuses on how to protect yourself against bloodborne pathogens by understanding the hazards and following safety procedures established at your school. Although targeted for school custodians, it would be helpful for any staff who may be exposed to blood and body fluids. 2002

Bloodborne Pathogens: A Lesson to Live By

Coastal

Audience: Adult

VHS – 17 minutes

Educators discuss concerns and fears related to the return of a student with AIDS. Video addresses: bloodborne diseases and safe handling of blood, myths, risk of transmission, and helping students cope. Includes handbook. 1997

Bloodborne Pathogens & Other Traveling Germs

Marsh Media

Audience: E

VHS – 10 minutes

This live action video shows how germs travel from person to person, demonstrates what to do when someone gets a cut, scrape, or nosebleed, and identifies dangerous behaviors that may spread bloodborne disease. 1992

Bloodborne Pathogen for School Employees: The Straight Facts

Coastal

Audience: Adult

VHS – 14 minutes

This video discusses Hepatitis B and C, and HIV. It addresses the standard precautions school employees need to follow to protect themselves from transmission. Includes handbook. 2000.

HIV/AIDS and other Sexually Transmitted Infections: Videos & Visuals

Bloodborne Pathogens in Schools: A Refresher Course

Coastal

This video highlights concerns related to: AIDS and Hepatitis B and C. Can be used for both refresher and initial staff training. Includes handbook. 1999

Audience: Adult

VHS – 10 minutes

Camp Itsamongus

American Red Cross

Includes viewing guide. Presents some of the misconceptions that children have around HIV/AIDS. The video uses puppets like characters to provide age-appropriate information to allay fear of being infected by playmates or friends. 1990

Audience: E

VHS – 16 minutes

Considering Condoms

NEA

This educational package for adolescents provides background information, a discussion guide, and video on consideration for effective condom use. 1995

Audience: HS

VHS – 15 minutes

Hepatitis C – The Silent Epidemic

Hazelden Foundation

This video educates the viewer about a disease that is more widespread than AIDS with no known cure and no vaccine. Part one describes the disease and testing; part two offers information and support for living with the disease. 2000

Audience: HS, Adult

VHS – 29 minutes

HIV/AIDS: A Challenge To Us All

Pediatric AIDS Foundation

Designed to provide sound factual information about HIV testing and to help people find resources of help in their community. Two videos (*A Parent Meeting* and *Educating Our Children*) and guide. 1992

Audience: Adult

VHS

HIV & AIDS: Staying Safe

Audience: MS

VHS - 15 min

This program introduces adolescents to the basic facts about HIV and AIDS and shows the development from HIV to AIDS. Encouraging students to identify both safe and risky behaviors, the program explores the ways HIV can and cannot be contracted.

I Have AIDS: A Teenager's Story

Audience: MS, Adult

VHS – 29 minutes

The Ryan White Story. For students, parents school board, and community.

In Our Own Words: Teens and AIDS

Jeanne Blake

In this very moving video you will meet five young people infected with HIV as teens through unprotected sexual intercourse. They speak honestly and from they heart as they give the facts and their own stories. Teacher's guide included. 1995

Audience: MS, HS

VHS – 20 minutes

HIV/AIDS and other Sexually Transmitted Infections: Videos & Visuals

Laughing and Learning About HIV/AIDS

ETR Associates

Dr. Stephen Fallon provides an energizing, honest and comprehensive overview of HIV/AIDS. Answers questions young people most commonly ask about HIV/AIDS. Information would be most appropriate for high school and college audiences. 1998

Audience: HS

VHS - 60 minutes

Little Secret

Tell the Truth Pictures

Ten HIV-positive teens challenge themselves, their disease, and the whitewater rapids of the Salmon River. 2000

Audience: MS, HS

VHS – 35 minutes

Not One More Person: Avoiding HIV

Human Relations Media

Many teens due to their inexperience, lack of assertiveness skills and feelings of invincibility are not making wise choices. Viewers are introduced to six youths whom have recently tested positive for HIV. This program details how HIV is transmitted and the behaviors associated with infection. 1998

Audience: HS, Adult

VHS – 29 minutes

Not Worth the Risk

Perennial Education

Video program that provides seven lessons on refusal skills for situations that might lead to risk behaviors for HIV and sexually transmitted infections. 1988

Audience: MS, HS

VHS – 27 minutes

Pandemic: Facing AIDS

Moxie Firecracker Films

This 42-minute educational video takes a unique look at the AIDS epidemic, melding intimate personal stories with a global perspective. *Pandemic* follows the lives of five people living with AIDS in different regions of the world, and uses their experiences to connect audiences with the heartache and triumph living under the extreme conditions that AIDS enforces. An education workbook accompanies this video and includes stories, discussion questions and classroom activities. 2003

Audience: HS

VHS - 42 minutes

Saying No to AIDS

AGC

This video designed to accompany the Get Real About AIDS curriculum focuses on a four-step method of saying no and using self-control effectively for various situations

Audience: MS

VHS – 13 minutes

Sex...And Other Matters of Life & Death

AGC

STAR Theater a teenage theater company performs for adolescents throughout New York City raising awareness about the risks young people face growing up in the age of AIDS. 1997

Audience: HS

VHS – 30 minutes

Sex Education in America: AIDS and Adolescence

A video that discusses the various aspects and perspectives of sex education in America. 1993

Audience: HS, Adult

HIV/AIDS and other Sexually Transmitted Infections: Videos & Visuals

Silence Ain't Sexy

ETR Associates

Audience: HS

VHS - 28 minutes

In this video, modern teens speak candidly about sex. This fresh approach to documentary filmmaking infuses a sexy dramatic scene with fast-paced interviews and hip hop music. The video stresses the importance of communicating with partners and parents and reinforces the overall message to stop, think and communicate before engaging in sexual activity. 2003

STD, AIDS & the Clean Love Solution

Health EDCO

Audience: MS, HS

VHS – 28 minutes

Watch as two teenagers jump in a car and embark on a quest for knowledge. They visit doctors, clinics, and STD educators, and chat with their peers about safe sex. They hear the harsh realities from young people who have been infected with AIDS and other STDs. 1997

STD's: Straight Talk

Altschul Corporation

Audience: HS

VHS – 20 minutes

This revised program covers both the emotional and physical results of sexually transmitted diseases. By witnessing the emotional accounts of young people who have contracted a STD, students learn that symptoms are not always obvious or visible. It is stressed that although most STDs are preventable, not all are curable. 1996

Steven's Message

YouthWave

Audience: MS

VHS – 6 minutes

Interview with Steven Gregory Murrell, a young man who contracted HIV during his teens through unprotected heterosexual intercourse. A powerful illustration of the progression of AIDS. 1992

Stopping the Spread of HIV & AIDS

Intermedia

Audience: HS

VHS – 16 minutes

Designed to reach young, sexually active people and reviews the three ways people can get HIV: through sexual activity, blood, and from mother to fetus. This video tells viewers how to practice "safer" sex and presents abstinence as the "safest" way to avoid getting HIV. The video also covers the difference between HIV & AIDS, drug use, and HIV testing. 1996

Subject is HIV, The

ODN Productions

Audience: HS

VHS – 16 minutes

This award winning video provides the basic information on HIV/AIDS and the risk behaviors that lead to infection. Includes profiles of teens and adults who are HIV positive. 1991

Surviving AIDS Program

Gay Youth and AIDS Project

Audience: HS

The *Surviving AIDS Program* was approved as training material on adolescent sexuality. This material is not to be used in the general classroom. Includes a facilitator guide.

Time to Know: Women, Children & AIDS

Eastern Maine AIDS Network (EMAN), Bangor, Maine

Audience: HS

The story of five HIV positive women and how the virus has affected their lives. A health educator talks, between clips, about the basics of HIV transmission and prevention. 1991

HIV/AIDS and other Sexually Transmitted Infections: Videos & Visuals

Universal Precautions for School Staff

AMS

A straightforward presentation on how to administer USP in a school setting. 1991

Audience: Adult

VHS – 16 minutes

Update: Sexually Transmitted Diseases

Sunburst

Accurate information to provide students with the knowledge of diseases, how they are spread, how to prevent them and what to do if an infection is suspected. 1995

Audience: HS

VHS – 30 minutes

What Is AIDS

MTI Film & Video

Uses a baseball game scenario to demonstrate how germs attack the body. Explains the immune system and how it relates to HIV/AIDS. This video covers basic modes of transmission of the virus, but does not go into detail.

Audience: E

VHS – 15 minutes

Visuals

Reproductive Anatomy & Physiology Flip Chart

This 17" x 22" flip chart covers male and female reproductive anatomy and the process of reproduction, and presents basic information necessary to understanding birth control, STD and HIV/AIDS. Includes leader's guide. 1995

Audience: MS

Media Literacy: Videos

Big Bucks, Big Pharma: Marketing Disease & Pushing Drugs

Media Education Foundation

Audience: HS, Adult

DVD 46 minutes

This film—narrated by Amy Goodman—pulls back the curtain on the advertising tactics of the multi-billion dollar pharmaceutical industry to expose how it uses, manipulates, and sometimes creates illness in the pursuit of profit. With the help of health professionals and media scholars, the film dissects some of the most striking pharmaceutical ads on television, in the end revealing how the industry exploits people's emotions to promote the use of prescription drugs. 2006

Blowing Away Tobacco's Big Lies

New Mexico Media Literacy Project

Audience: E, MS, HS

Data CD

A data CD containing over 250 media examples (pictures and movie clips) with printable discussion guides for teachers, parents and workshop leaders. Content areas include tobacco history, smoking in the movies, and tobacco around the globe. 2003

Deadly Persuasion: The Advertising of Alcohol & Tobacco

Media Education Foundation

Audience: HS, Adult

DVD 53 minutes

This film exposes the manipulative marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their dangerous products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, narrator Jean Kilbourne presents a compelling argument that these cynical industries have a clear and deep understanding of the psychology of addiction; an understanding they exploit to create and feed a life-threatening dependency on their products. *Deadly Persuasion* casts a critical eye on the corporate interests that lie behind the industries whose products kill more than 450,000 Americans each year. 2003

Media Literacy for Health: A K-12 Activity Curriculum

New Mexico Media Literacy Project

Audience: E, MS, HS

CD-ROM

Each of the 48 lesson plans combine media analysis and skill-building with important health information. All lesson plans can be printed from the CD-ROM, and feature step-by-step procedures with questions and answers. Includes over 150 media examples, web links, fact sheets and worksheets. 2001

Media Literacy for Health: Teens Talk Back

New Mexico Media Literacy Project

Audience:

VHS 20 minutes

This fast-paced video introduces media literacy concepts and skills featured on the *Media Literacy for Health CD-ROM* and motivates students to learn more. 2001

Recovering Bodies: Overcoming Eating Disorders

Media Education Foundation

Audience: HS, Adult

DVD 34 minutes

In *Recovering Bodies*, the stories and testimonies of seven college students show the wide range of pressures that can lead to disordered eating, as well as the variety of psychological and physical symptoms involved. Experts share useful information about successful recovery and healing strategies. 1997

Media Literacy: Videos

Reviving Ophelia: Saving the Selves of Adolescent Girls

Media Education Foundation

Mary Pipher, Ph.D., discusses the challenges facing today's teenagers, especially girls, as well as the role of media and popular culture in shaping their identities. She offers concrete ideas for girls and boys, families, teachers, and schools to help girls free themselves from the toxic influences of today's media-saturated culture. This video presentation brings together ideas from Pipher's books and from her clinical practice in a highly accessible format. It provides a dynamic discussion-starter for classes from high school through college, as well as for parents, teachers, youth, and civic groups. 1998

Audience: MS, HS, Adult

DVD 43 minutes

Slim Hopes

Media Education Foundation

Jean Kilbourne's award-winning video offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on women's health. Addressing the relationship between these images and the obsession of girls and women with dieting and thinness, Slim Hopes offers a new way to think about life-threatening eating disorders such as anorexia and bulimia, and a well-documented critical perspective on the social impact of advertising. Using over 150 ads, it informs as it entertains, allowing viewers to build an analytic framework for considering the impact of advertising on women's health. 1995

Audience: HS, Adult

DVD 30 minutes

Something Stinks in Hollywood

New Mexico Media Literacy Project

Using this DVD-ROM, you can learn more about what researchers have called "the most powerful pro-tobacco influence on kids in the world today"—smoking in Hollywood movies. More important, you can use this DVD to teach students about this important connection between media and public health. Includes over 50 scenes from recent Hollywood movies, and discussion guides. 2005

Audience:

DVD-ROM

Spin the Bottle: Sex, Lies and Alcohol

Media Education Foundation

Spin the Bottle offers an indispensable critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviors. Award-winning media critics Jackson Katz and Jean Kilbourne contrast these distorted representations with the often disturbing and dangerous ways that alcohol consumption affects the lives of real young men and women. 2004

Audience: HS, Adult

DVD 44 minutes

Nutrition – General: Books & References

Am I Fat?

Audience: E

ETR Associates

Helping young children accept differences in body size. 1992

Berenstain Bears & Too Much Junk Food

Audience: E

Stan & Jan Berenstain

Mama Bear starts a campaign to convince her family that they are eating too much junk food. 1985

Bread and Jam for Frances

Audience: E

Frances decides that bread and jam are all she wants to eat, and her understanding parents grant her wish at breakfast, lunch, dinner, and even snacktime. Can there ever be too much bread and jam? 1964

Creative Food Experiences for Children

Audience: ES

Mary Goodwin, Gerry Pollen

While some of the nutrition information in this book is out of date, the ideas provided for hands-on food experiences for children are classic. From making cheese to identifying what vegetables are grow underground, ideas for involving students with food and cooking are presented with objectives, a materials list, and procedures for completing the project. 1980

Fit, Healthy, and Ready to Learn

Audience: Adult

NASBE

Fit, Healthy, and Ready to Learn is organized around sample policies that reflect best practice, which can be adapted to fit local circumstances. The sample policies are written as statements of best practice that all states, school districts, public schools, and private schools should endeavor to adopt. The points they address were suggested by the CDC school health guidelines, actual state and local policies collected by NASBE and NSBA, and comments reflecting the expert opinions of many reviewers. The policies can be adapted or revised to fit the needs of individual states, districts, and schools. Also included are explanations of the points addressed in the sample policies, excerpts of actual state and local policies, notable quotations, and other valuable information that supporters can use to justify school health policies. Each section ends with a list of resources and organizations that offer specialized expertise. 2000

Food Allergies

Audience: Adult

Merri Lou Dobler

Discusses the symptoms of allergies and the medical and nutrition strategies used to diagnose them. 1991

Foodworks

Audience: E, MS

An Ontario Science Centre Book

Offers information about food and hands-on activities relating to food. An incredibly creative resource that encourages exploration. Excellent for health and agriculture programs. 1987

From Seed To Jack-O-Lantern

Audience: E

Hannah Lyons Johnson

Learn how pumpkins grow - from the time the farmer plows his field and sows the seed until the fruit is ready for picking. Includes instructions for caving and roasting pumpkin seeds.

Nutrition – General: Books & References

Fruit

Audience: E

Jeunesse and de Bourgoing

Demonstrates the varieties of fruit, different seeds, and the growth process of fruits. 1989

The Growing Classroom

Audience: ES

Roberta Jaffe, Gary Appel

This manual contains a variety of garden-based science activities. Examples from several schools in California demonstrate how the activities can be used. The book is broken into 4 sections: Breaking Ground, Science Units, Nutrition Units, and Appendix. Each lesson starts with a page which includes a description of the lesson, an objective, teacher background information, a list of materials, and preparation information. 1990

How to Teach Nutrition to Kids

Audience: E

Connie Liakos Evers, MS, RD

Book & Activity Guide

A hands-on guide filled with nutrition education activities and strategies that effectively integrate nutrition into the classroom, cafeteria & home. 1995 & 1998

Mealtime Magic

Audience: Adult

Ohio State University

Provides information on development, behaviors, and nutritional needs of children from birth to age six.

My Pyramid Poster 2005

Audience: E-Adult

USDA

A two-sided poster of *MyPyramid for Kids*. One side of the poster suitable for young children, highlights a simplified *MyPyramid for Kids* graphic. The other side, appropriate for more advanced students, features both the *MyPyramid for Kids* graphic and healthy eating and physical activity messages.

Nibbles for Health

Audience: Adult

Nutritional Newsletters for Parents of Young Children with Leader Guide

Team Nutrition – USDA

This was developed for child care center staff and parents of young children enrolled in child care centers. Kit offers child care center staff guidance on conducting discussions with parents in three “sharing sessions” and accompanying posters.

Nutra-Ed's Funtastic Recipes

Audience: E, MS

Lynda Roberson

Activity Book

A picture cookbook that includes a variety of recipes with instructions for children. 1991

Read The Label

Audience: HS, Adult

U.S. Food and Drug Administration

A FDA Consumer Special Report on reading food labels. 1993

Science Experiments You Can Eat

Audience: E, MS

Vicki Cobb

Activity Book

Experiments with food demonstrate various scientific principles and produce an eatable result. 1972

Nutrition – General: Books & References

Sports Nutrition Guidebook

Nancy Clark, M.S., R.D.

The *Sports Nutrition Guidebook* is for anyone (athletes and non-athletes alike) who wants up-to-date food advice that is easy to understand and easy to use. 1997

Audience: HS, Adult

Resource Book

Take a Bite of Music, It's Yummy!

Mary Ann Hall

A rich combination of perspectives on growth, music, food, and learning for parents and teachers. Songs combine focus on nutrition and music. Songbook includes lyrics and musical scores for songs, and information on healthy food and nutrition. 1982

Audience: E

Teach & Talk Nutrition

ETR Associates

Uses practical, pragmatic strategies that make learning fun, encourages students to enjoy movement and physical sensation, uses student's interests to make learning powerful and emphasizes non-competitive activities that bring enjoyment. 2001

Audience: K-4

A Teen's Guide to Going Vegetarian

Judy Krizmanic

- How to make sure you meet all your nutritional requirements
- How to deal with anxious parents and skeptical friends
- How a vegetarian lifestyle can express your concern for the environment
- Easy beginner's recipes

Audience: HS, Adult

Why Do I Eat

Wright

Simple words and illustrations to satisfy a young child's curiosity regarding nutrition & the digestive system. 1992

Audience: E

Nutrition – General: Curricula & Activity Kits

4-H Growing Connections

Audience: ES

UVM Extension Service

This garden-enhanced nutrition education curriculum includes information about planning and planting a garden; developing nutrition and cooking skills; building food security and hunger awareness; enhancing food safety and preservation skills. 2004

CATCH Program®

Audience: E

Flaghouse

Curriculum & Activity Kit

A *Coordinated Approach to Child Health* is a comprehensive education program aimed at promoting healthy eating and physical activity by elementary school students and their parents. 1998

- *Physical Education Curriculum Guidelines & Activity Box* – lesson plans, activities & more
- *Eat Smart: School Nutrition Program Guide* – materials for training personnel, planning menus & more
- *Go for Health Classroom Curriculum Guides: Hearty Heart & Friends* – Grade 3
- *Taking Off* – Grade 4
- *Breaking through Barriers* – Grade 5

Changing the Scene

Audience: Adult

USDA/Team Nutrition

Resource Guide

Resource kit of materials to help improve school nutrition environment. Kit includes guidelines, evaluation tips, checklists, handouts, video, powerpoint presentation, CD-ROM and information sheets for distribution. 2000

Dig In!

Audience: E

National Cattlemen's Beef Association

Curriculum

An integrated thematic unit for 3rd and 4th grade developed by teachers to stimulate creative and critical thinking through hands-on activities. *Dig In!* uses the ancient Egyptian culture and its pyramids to teach basic educational skills and lessons about good nutrition. Includes teacher's guide, masters, and audiocassette. 1998

Everyday, Lots of Ways

Audience: E

Penn State Nutrition Department

Curriculum

An interdisciplinary nutrition curriculum for kindergarten through 6th grade. 1996

Five-A-Day Power Play

Audience: E

California Public Health Foundation

Activity Kit

This kit was developed to encourage grades 4 and 5 students and their parents to make health-promoting food selections daily. Kit includes worksheets, letters to parents, puzzles, game sheets, cassette of the 5-A-Day Fruit and Vegetable Rap, stickers, brochures, and posters. 1996

Finding Solutions to Hunger

Audience: MS, HS

Stephanie Kempt

Curriculum

This resource manual/teacher's guide is filled with background information and classroom activities that will help students understand the causes of local, national and global hunger and find solutions for them.

Nutrition – General: Curricula & Activity Kits

Food, Fun and Reading

Diane Mincher – UVM Extension Service

A nutrition and literacy program in which children learn about food and nutrition by having children's storybooks with food-related themes read to them and then participating in hands-on nutrition activities. Can be used by parents, early childhood educators, youth leaders, after-school programs, school enrichment, etc. 2000

Audience: E

Resource/Activity Kit

From Land to Landfill

Pennsylvania St. Nutrition Ctr./NET Resource

This is an interdisciplinary curriculum that addresses the food system, packaging, hunger, and sustainability of the food system. Video and CD-ROM (Mac) included. 1996

Audience: MS, HS

Curriculum

Hungry Red Planet

Health Media Lab, Inc.

This interactive CD-ROM, designed for 9 to 15-year-olds, has nine comprehensive 50-minute lessons. In this space adventure story, students must solve food shortage challenges in order to save Earth and themselves. Integrates and reinforces math, science, reading and problem-solving skills. Includes student and instructor's CD-ROMs and guide. For use with Windows XP, 2000, 98, & 95. Copyright: 2002

Audience E, MS, HS

CD-ROM

Invest In Yourself

St. of Florida/NET Resource

Sports nutrition manual that provides useful nutrition information to high school and middle school coaches, trainers and teachers. Contains video, handouts, and overhead transparencies for use with athletes. 1996

Audience: MS, HS

Resource Manual and Video

Literature Links for Nutrition & Health

Ubbes & Spillman

The purpose of this book is to provide elementary teachers with an integrated curriculum model for teaching nutrition and health through children's literature. 2000

Audience: E

Mid-LINC

Penn State Nutrition Center

Three multi-disciplinary thematic units developed to connect nutrition issues in social studies, math, science, language arts, family consumer science and health. 1995

Audience: MS

Curriculum

- Part 1 – *Prehistoric vs. Modern Diet*: Evolution of variety in our diet
- Part 2 – *Growing to the Max*: Growing to one's genetic height potential
- Part 3 – *Food-Environment Connection*: Impact of food choices, packaging and waste on environment.

Munchsters Talk about Food

National Live Stock and Meat Board

Preschool program and poster kits. 1991

Audience: Pre-K

Activity Kit

Nutrition – General: Curricula & Activity Kits

Nutrition for Life

Cornell University

Audience: HS

Three-part Curricula

- *Fit Is It* – Focuses on helping students to make healthy lifestyle choices to improve fitness and personal health.
- *Now You're Cooking* – Focuses students on managing their personal resources of time, money, food, and skills to achieve healthy eating practices within the context of preparing foods that are consistent with the U.S. Dietary Guidelines.
- *A Smart Start* – Can be used in both school and community-based programs for pregnant and parenting adolescents to help teens examine their own eating patterns, weight gains and provides them with simple, practical suggestions for making positive changes. 1988

Nutrition Smart

Robin Baggy and Shirley Woika

Audience: E

Activity Kit

Activities that address components of a healthy diet, eating to grow, snacks, convenience foods, advertising, and cultural foods. 1991

Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions

Audience: MS

U.S. Department of Agriculture, U.S. Department of Health and Human Services

This binder was created for health educators to help young adolescents understand how their eating and physical activity can affect their lives now and in the years to come. 2003

Show The Way to 5-A-Day!

Vermont Department of Health

Audience: E

Resource Guide

This program introduces the 5-A-Day concept to students by involving the community and local businesses. Research on this program indicates an increase in knowledge and behavior. 1993

Sound Nutrition for Teenage Mothers to Be

Florida NET

Audience: HS

Resource & Activity Kit

A fun, positive, and informative introduction to nutrition for the pregnant teenager. 1995

Take Aim – A Nutrition Education Game

Washington State Dairy Council

Audience: MS, HS

Activity Kit

An interactive game show format for grades 6-12 with eight categories to explore nutrition: geography, math, home economics, health, physical education, biology, history, and potpourri. Game takes 40-50 minutes. 1994

Team Nutrition Calendar Companion

Audience: E

The Calendar Companion is a handy resource for lesson plans and activities, information about supporter organization events and contests that promote nutrition and health, recipes for school and home, food service tips, and reproducible information for parents. 1997

Team Nutrition Kit

Scholastic

Audience: E

Curriculum

This activity-based program empowers children to choose a variety of foods, add more grains, vegetables, and fruit to their diet and construct a diet lower in fat.

Food & Me (Pre-K-K), Food Time (Gr.1-2), Food Works (Gr. 3-5). 1995

Training for Healthy Eating

Audience: Pre-K

Nutrition – General: Curricula & Activity Kits

Public Voice for Food & Health Policy

A curriculum guide for preschool teachers. 1992

Vegetarian Resource Guide

Audience: MS, Adult

UVM Extension System

A kit that includes recipes and information needed to start or maintain a healthy vegetarian lifestyle. 1998

YourSELF

Audience: MS

U. S. Department of Agriculture

Activity Kit

YourSELF is one of the first federal information efforts on nutrition and physical activity that speaks directly to adolescents. The kit contains instructional materials for health education, home economics, or family living classes, will help 7th and 8th grade students learn to make smart choices about eating and physical activity. 1998

Nutrition – General: Videos and Visuals

Daily Food Choices

AGC/United Learning

Unit of study explains and brings alive the very latest information on dietary guidelines. Designed for multi-grade and interest levels. Includes teacher guide. 1997

Audience: MS, HS

VHS – 18 minutes

Eating on the Run

Evelyn Tribole, MS, RD

This set of 4 audio tapes covers a wide range of nutrition topics to help people with a fast-paced life eat healthfully. 1997

Audience: Adult

Audio Tapes

Fast Food: What's In It for You

Churchill Films

A short story reveals how fast foods are made and explores healthier choices. Includes rap music and action-packed visuals. A classroom discussion guide is provided. 1991

Audience: MS, HS

VHS – 16 minutes

Fit for a King

American Academy of Pediatrics

This program was developed to help youngsters and their parents understand the role of nutrition and regular physical activity in a healthy lifestyle. Includes leader's guide. 1998

Audience: E

VHS – 9 minutes

Food for Thought

Direct Cinema Limited

An episode from the Degraffi Junior High series, this story deals with eating disorders and such related issues as self-image, personal satisfaction, and parental expectations.

Audience: MS

VHS – 30 minutes

The Food Label and You

The Food and Drug Administration

This award winning video demonstrates how consumers can quickly and easily use the food label to meet their personal nutritional needs. The viewer is shown how to use the Nutrition Facts panel to make informed food choices, how to compare nutrient content claims without memorizing definitions, how to relate serving size to portion control, and how to use the Percent Daily Value as a reference tool without doing math. The video concludes with a one-minute quiz. 1996

Audience: MS

VHS – 8 minutes

Fruit: Close Up and Very Personal

NET

Accompanied by upbeat keyboard music this wordless video takes viewers on a journey through planting, processing, packing, and consuming the six major fruit groups. Flexible enough to be shown in five, ten, or fifteen minute segments.

Audience: E

VHS – 30 minutes

Fueled For Flight

National Cattlemen's Beef Association

Nutrition lessons with focus on astronauts and space flight, this interdisciplinary kit incorporates math and science. Includes teacher's guide. 1998

Audience: MS

VHS – 20 minutes

Hip to be Fit

California Raisin Advisory Board

Exercise and nutrition video that features Christie Yamaguchi and the California Raisins. 1993

Audience: E, MS

VHS – 18 minutes

Nutrition – General: Videos and Visuals

Janey's Junkfood Fresh Adventure

Foodplay Productions

Video and activity guide that help children get off the junk food track. Features juggling and rap music. 1992

Audience: E, MS, HS

VHS – 30 minutes

Kitchen Fun for Kids

Center for Science in the Public Interest

The Kitchen Gang wants to produce a cooking show by and for kids, featuring good foods that kids can prepare. With help they create Kitchen Fun for Kids, a live-audience kids' show featuring food facts, safety tip for the kitchen, and recipes for delicious, low-fat food that kids will love to make and eat. 1997

Audience: MS

VHS – 24 minutes

Look Before You Eat

Churchill Media

A humorous, practical look at the Dietary Guidelines aimed at grades 7 – 12. Discusses how eating habits have changed, and how advertising and the food industry have affected consumer choices.

Audience: MS, HS

VHS – 24 minutes

MVE-TV: The Channel for Moderation

National Cattlemen's Beef Association

This nutrition education kit is designed to help secondary students develop lean eating habits in line with sound nutritional practice. Includes teacher's guide, masters and more. 1997

Audience: MS, HS

VHS – 10 minutes

Nutrition and Exercise: Teen Wellness

Sunburst Communications

Humor and fast-paced graphics are designed to motivate teenagers to take responsibility for their own well-being through eating right, exercising regularly and getting sufficient rest every night. Includes teachers guide. 1996

Audience: MS, HS

VHS – 25 minutes

Pregnancy: When Eating Makes a Difference

Florida NET

A nutrition video for pregnant teens. 1995

Audience: HS, Adult

VHS – 10 minutes

Slim Hopes

Center for Media Literacy

This award-winning video offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on women's health. 1995

Audience: HS

VHS – 30 minutes

Sooper Goop

Churchill

Animated video in which two characters concoct a TV commercial for "sweet-e-e-t" cereal. Selling techniques and commercialism are revealed.

Audience: E

VHS – 10 minutes

Supersize Me

Media Ed Foundation

Morgan Spurlock unravels the obesity epidemic by interviewing experts nationwide and by subjecting himself to a "McDonald's only" diet for thirty days. It dives into corporate responsibility, nutrition education, school lunch programs and how we are eating ourselves to death.

Audience: MS, HS

DVD

Nutrition – General: Videos and Visuals

This is Your Life

Foodplay Productions

Video and activity guide designed to assist boys and girls improve their eating, exercise, and health habits. Focuses on student issues including media, body image, and food packaging.

Includes teacher's guide. 1999

Audience: MS, HS

VHS – 54 minutes

Visuals

How Much Fat? Sugar? Salt?

Young People's Healthy Heart Program

Set of test tubes filled with measured amounts of fat, sugar, and salt contained in various foods we eat.

Audience: E, MS, HS

Vegetarian Food Pyramid

UVM Extension System

Audience: All

Poster

Nutrition – Eating Disorders: Books & References

Eating Disorders Awareness & Prevention

Audience: Adult

Eating Disorders Awareness & Prevention, Inc.

This notebook is jammed packed with eating disorders information. A great reference! 1998

When Girls Feel Fat

Audience: Adult

Sandra Susan Friedman

This book provides stories, information, skills to use and suggestion to try when dealing with issues on female development, the promotion of healthy body image and self-esteem and the prevention of eating disorders. 1997

Nutrition – Eating Disorders: Curricula and Activity Guides

Athletes Targeting Healthy Exercise & Nutrition Alternatives

Audience: HS

ATHENA

ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) is a scientifically proven program for female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and gender specific. It is interactive, engaging and easy to implement by coaches during the sport season.

Body Image & Eating Disorders

Audience: HS

ETR Associates

Activities enable students to identify positive attitudes and perceptions about body image from an individual and peer perspective; examine influences on body image; and develop accurate self-assessment of body image. 1997

Five-Day Lesson Plan on Eating Disorders

Audience: MS, HS

Michael Levine, Ph.D. and Laura Hill, Ph.D.

Curriculum

A curriculum for educating students about eating disorders. Includes overheads, handouts, and resources. 1991

Healthy Body Image

Audience: MS

Kathy J. Kater, LICSW

Resource Guide

Curriculum teaching healthy eating, facing challenges of a junk food world, and benefits of choosing an active lifestyle. Eleven planned lessons use age-appropriate prevention principles to teach pre-pubescent children. 1998

Just For Girls

Audience: MS

Sandra Friedman

Resource Guide

Prevention program for adolescent girls that addresses issues of eating disorders, depression and other health risks. Manual provides program overview and structured session plans. 1999

Mind Your Body Youth Program

Audience: MS, HS

Pouliot

The *Mind Your Body Youth Program* curriculum teaches kids real life skills about nutrition, exercise, body awareness, thoughts, emotions, critical thinking and goal setting for grades 6-8 and grades 9-12. 1997

Mirror-Mirror

Audience: MS, HS

Hess and Hunt /National Live Stock and Meat Board

Resource Guide

A guide for adolescents to develop a positive body image and maintain a healthy weight. 1992

MyPyramid for Kids, Level 1, 2 & 3

Audience: E, MS

Educational materials developed at the elementary school level to help children learn the *MyPyramid* food guidance system. Lesson plans for teachers are available in three levels. Level 1 (grades 1-2); Level 2 (grades 3-4) and Level 3 (grades 5-6).

Nutrition – Eating Disorders: Curricula and Activity Guides

Nutrition & Body Image

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

Activities help students integrate good nutrition into everyday food choices. Examines the link between good nutrition and healthy body image. Also includes Health Facts Book. 1996

SLIC: Secondary Level

Audience: HS

V. Star Campbell MS, M.Ed., & Kay Meyers, Ph.D.

Interdisciplinary education emphasis helps students see relationships between subjects and develop knowledge and skills needed for success. Integrates themes: special concerns in nutrition, disordered eating, alternative eating, physical activity, and food safety. 1997

Nutrition – Food Service: Videos

Beyond the Looking Glass

Human Relations Media

Explores ways to fight against the self-consciousness and shame that many young people feel about their bodies. Students discuss how their self definitions have been influenced through class distinctions, racial barriers and peer pressure. 1994

Audience: HS

VHS – 32 minutes

BodyTalk 2: It's a New Language

Film Ideas. Inc.

In this video, youth of diverse backgrounds and sizes talk about body esteem, puberty, trying to fit in, and finding support. Ages 8-11. 2002.

Audience: E, MS

VHS – 20 minutes

Diets & Weight Loss

The Learning Seed

You hear so many confusing ideas about how to lose weight and eat right. What's good for you and what isn't? This fast paced video sets out to clear the confusion. 1999

Audience: HS

VHS – 22 minutes

Discovery of Dawn

Newist/CESA 7

The Discovery of Dawn is a television program that looks at how body image affects young adults. The information is organized around the plight of Dawn, an 18-year-old survivor of anorexia nervosa.

Audience: HS

VHS – 30 minutes

Eating Disorders: Profiles of Pain

AGC /United Learning

This compelling documentary is an up-close look at the lives of several teens that have been through their own personal battles with eating disorders. The program is an honest examination of the issues and consequences surrounding eating disorders. Facilitator's guide included. 1997

Audience: MS, HS

VHS – 24 minutes

Fear of Fat

Describes how food and body size have become preoccupations that can lead to eating disorders. Covers eating disorders, which range from compulsive overeating to anorexia nervosa and bulimia.

Audience: MS, HS

The Teen Files Flipped: Eating Disorders/Steroids

AIMS Multimedia

This video has two story lines. One shows a young dancer who is obsessed over every bite she eats until she steps into another dancer's shoes and discovers the potentially fatal consequences of anorexia. The other story addresses steroids and shows how choosing to use them could potentially destroy a teen NFL wannabe's career and life. 2002

Audience: MS, HS

VHS – 21 minutes

The Teen Files: The Truth About Body Image

AIMS Multimedia

This video forces the teens in the program and viewers to confront how popular ideas of "beauty" damage teens physically and psychology. 2001

Audience: MS, HS

VHS – 21 minutes

Eat Smart School Nutrition Program Guide

Catch Program/NET Resource

A manual for food service directors and cooks on the ways to lower fat, saturated fat, and sodium in school meals. Includes methods to plan menus and recipes. 1998

Audience: Adult

Nutrition – Food Service: Videos

Health wise Quantity Cookbook

Audience: Adult

Turner and Aronwitz

Provides more than 200 nutritious, taste-tested recipes for restaurants and cafeterias. Includes ideas for modifying and creating new recipes. 1990

Healthy Harvest

Audience: Adult

Vermont Department of Education

Recipes from Vermont's School Nutrition Programs. 1999

Meeting their Needs

Audience: Adult

U.S. Department of Agriculture

Training manual for child nutrition program personnel serving children with special needs, 1993

Making it Happen

Audience: Adult

USDA/CDC

Success Stories shares stories from 32 schools and school districts that have made innovative changes to improve the nutritional quality of all foods & beverages offered and sold in schools

Nutrition Mgmt. of School-Age Children with Special Needs

Audience: Adult

Vermont Department of Health

Resource manual for school personnel, families, and health professionals. Includes dietary considerations for specific medical conditions with suggested interventions. 1996

Recovering Bodies: Overcoming Eating Disorders

Audience: HS, Adult

Media Education Foundation

DVD - 34 minutes

In Recovering Bodies, the stories and testimonies of seven college students show the wide range of pressures that can lead to disordered eating, as well as the variety of psychological and physical symptoms involved. Experts share useful information about successful recovery and healing strategies. 1997

School Nutrition Team

Audience: Adult

University of Missouri Extension/NET

A guide for developing a coordinated approach to comprehensive school nutrition. Includes marketing strategies for nutrition services, learning activities for education, and newsletters for families. 1996

Slim Hopes

Audience: HS, Adult

Media Education Foundation

DVD - 30 minutes

Jean Kilbourne's award-winning video offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on women's health. Addressing the relationship between these images and the obsession of girls and women with dieting and thinness, Slim Hopes offers a new way to think about life-threatening eating disorders such as anorexia and bulimia, and a well-documented critical perspective on the social impact of advertising. Using over 150 ads, it informs as it entertains, allowing viewers to build an analytic framework for considering the impact of advertising on women's health. 1995

Nutrition – Food Service: Videos

CARE: Special Nutrition for Kids

Alabama Department of Education

Program designed to show food service managers how to plan and prepare meals for children with special nutritional needs. 1996

Audience: Adult

VHS – 20 minutes

School Food Allergy Program

NET

Video & reference book for disseminating information about life threatening food allergies. 1995

Audience: Adult

VHS – 19 minutes

Personal Health – Dental Health: Books, Curriculum, Videos & Visuals

Books

How Many Teeth

Paul Showers

This book explains the progression of teeth and how they wiggle loose making room for adult teeth. 1991

Audience: E

Curriculum

Open Wide and Trek Inside!

NIH Curriculum Supplement Series

Beyond the traditional “brushing and flossing” curriculum, this module focuses on the science of the oral environment, and major scientific concepts relating to oral health.

Audience: E

Videos

Brushing with Dudley and Dee Dee

American Dental Association

Dudley the Dragon learns basic information about brushing and flossing. Brushing Magic Teaching Guide included. 1993

Audience: E

VHS – 5 minutes

Dudley's Classroom Adventure

American Dental Association

This video uses Dudley the Dinosaur to create awareness about a good oral health routine that includes brushing and flossing, proper diet, mouth guards, sealant and dental visits. Teacher's guide accompanies this video contains activity sheets, sample letter to parents. 1993

Audience: E

VHS – 8 minutes

Dudley's Goes to Camp Brush and Floss

American Dental Assoc.

Dudley teaches his cousin the proper way to brush. Close-up shots of brushing and flossing shows children the best way to take care of their teeth and gums. 2005

Audience: E

DVD – 6 minutes

Dudley's Visit to the Dentist

American Dental Assoc.

Dudley creates awareness about good oral health practices and regular dental checkups. Teacher's guide accompanies video, contains activity sheets, sample letter to parents. 1993

Audience: E

VHS – 7 minutes

Give Your Mouth a Sporting Chance

Ohio Dental Association

Stresses the importance of mouth guards to prevent mouth and teeth injuries, and concussions. Includes graphic examples from professional sports and dental offices.

Audience: MS, HS

VHS – 10 minutes

It's Dental Flossophy Charlie Brown

American Dental Association

Lucy teaches Charlie Brown and Snoopy how to floss.

Audience: E, MS

VHS – 5 minutes

Personal Health – Dental Health: Books, Curriculum, Videos & Visuals

Periodontal Disease

Altschul Corporation

Gum Disease: defined and how it can be prevented and controlled.

Audience: MS, HS

VHS – 7 minutes

Seal in a Smile

Columbus Health Dept.

Promotes professionally applied sealant to protect the chewing surfaces of teeth – animated.

Audience: E, MS, HS

VHS – 4 minutes

Toothbrushing with Charlie Brown

American Dental Association

Charlie Brown teaches Linus and Snoopy how to brush.

Audience: E

VHS – 4 minutes

Tooth Tutor Dental Access Program: A Visit to the Dentist

Vermont Department of Health

Information on the Tooth Tutor Dental Access Program and its goal to help families seek dental care. Includes an actual visit to the dental office. 2006

Audience: Adult

VHS & DVD – 5 minutes

Watch Your Mouth

American Dental Association

This video discusses five important topics, including: essentials of good oral health; importance of good nutrition; risks of mouth jewelry; tobacco and oral health; and use of mouthguards.

Audience: MS, HS

VHS – 10 minutes

Visuals

Mr. Big Mouth and Big Brush

Full mouth model and big toothbrush.

Audience: E, MS, HS

Dental Visit Toolkit

Audience: ES

Personal Health – Human Body & Hygiene: Books & References

Body Sense, Body Nonsense

Audience: E

Seymour Simon

This children's book looks at some common sayings about the body and provides medical or scientific information on its sense or nonsense. 1981

Dinosaur Tamer

Audience: E

American Diabetes Assoc.

Story Book

These enjoyable and imaginative fictional stories about children with diabetes offer support and strategies to cope positively with concerns and adjustment issues common to children and diabetes. 1995

The Germ Buster

Audience: E

Rosemary Wells

Story Book

With the help of the science teacher and a super-high-tech germ-detecting machine, Mrs. Jenkins and her students find a way to keep the class healthy and germ-free. 2002

Germs Make Me Sick

Audience: E

Melvin Berger

Story Book

Find out why some germs cause illness, and how your body fights them off to make you well again. 1985

The Giant Germ

Audience: E

Scholastic Inc.

Story Book

Zany Science teacher Ms Frizzle takes the class on amazing field trips in the Magic School Bus. 2000

Organic Puppet Theater

Audience: E

Terry Louis Schultz

Health Activities Book

By using recycled materials children learn about the human body by making puppets. See the body come alive through puppets, songs, and fun activities. 1983

Personal Health – Human Body & Hygiene: Curricula & Activity Guides

Asthma Awareness

National Heart, Lung & Blood Institute

Curriculum for the elementary classroom, also included is video *Making a Difference...Asthma Management in the School, and Managing Asthma: A Guide for Schools*. 1993

Audience: E

Curriculum

Bags of Germs

Health Edco

Each Bag of Germs comes with a special replaceable pouch containing approximately 4oz. of Health Edco Germ Powder. The pouch is inserted into a uniquely designed outer bag that when handled deposits fluorescent powder on the user's hands.

Audience E

Germ Smart

Judith K. Scheer, Ed.S., CHES

Ideas for helping children learn what germs are, how the body fights disease and infections and how our behaviors can interrupt or enhance the body's natural ability to fight intruders. 1990

Audience: E

Here We Go . . . Watch Me Grow

Charlotte Hendricks, Connie Jo Smith

A year-round collection of enjoyable learning activities to help young children make smart health choices. 1991

Audience: Preschool

Resource/Activity Book

My Body

Teacher Created Resources.

My Body contains four units: My Body, Being Healthy, Getting Well and The Five Senses. Its 80 exciting pages are filled with a variety of lesson ideas and activities designed for use with children at the early childhood level. 2004

Audience: E

Big Book

Nose to Toes

ETR Associates

Kit

A hands-on curriculum for elementary children that promotes body awareness. Includes a vest with Velcro body parts for children to identify, books and audiocassettes.

Audience: E

Curriculum Resource

Sunwise School Program

U.S. Environmental Protection Agency

Kit provides a range of cross-curricular, standards-based lessons, activities, and background information to promote sun safety and strategies to protection from overexposure to UV radiation. 2001

Audience: E, MS

Personal Health – Human Body & Hygiene: Videos

Looking Good, Feeling Good: Healthy You

Sunburst Video

Audience: E, MS

VHS – 17 minutes

This video and teacher's guide offer information and advice on personal hygiene, nutrition, and exercise that will help pre-teens look and feel better. Includes teacher's guide. 1998

Healthy Habits for Life: Body Hygiene

Sunburst Video

Audience: E

VHS – 15 minutes

Taking good care of your body is a big responsibility! Empower your students with this tactful and engaging video that models proper personal hygiene and the influence of healthy habits. Written to national health standards. 15-minutes

Managing Asthma in the School

National Asthma Education Program

Audience: Adult

VHS – 14 minutes

Booklet, video and guide developed to provide school personnel with practical ways to help students with asthma participate fully in all school activities. Includes teacher's guide.

Tattooing and Body Piercing: Thinking Smart about Body Art

Audience: MS, HS

VHS – 20 minutes

Video addresses procedures and dangers associated with body art, ways to stay safe when getting body art, and information to assist in making an informed decision about tattooing and body piercing.

Wash Those Hands

Marsh Media

Audience: E

VHS – 9 minutes

Wash Those Hands show how hand washing helps control the spread of germs and illness. This video demonstrates correct hand washing techniques.

Whatsa Hygiene?

Marsh Media

Audience: E

VHS – 17 minutes

When members of the band are confronted with a health assignment, they don't know where to begin. Topics explored include bathing, hand washing, and care of teeth, hair, and nails.

Physical Activity: Curricula & Resource Guides

Adapted Games & Activities

Audience: All

Pattie Rouse

Nothing sparks a child's or adolescent's interest like a new game! *Adapted Games & Activities: From Tag to Team Building* provides a wealth of games to get your students and participants moving and having fun, regardless of their cognitive or physical ability levels. By offering exciting activities that entice your students to participate, you'll not only help them reap the enormous physical benefits of exercise, but you'll also provide opportunities for them to learn to share, express feelings, set goals, and function independently. 2005

Athletes Targeting Healthy Exercise & Nutrition Alternatives

Audience: HS

ATHENA

ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) is a scientifically proven program for female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and gender specific. It is interactive, engaging and easy to implement by coaches during the sport season.

Be Smart, Bike Safe

Audience: E

Bicycle Safety a Guide for Parents, Teachers and Caregivers

NHTSA

The English and Spanish translated materials consist of fun-filled activities including: bingo, crossword puzzles, connect-the-dot, flash cards and more. Besides the games and activities in this safety kit, information is provided on how to teach smaller children how to recognize road signs by their shape and color and other activities to teach children about bicycle safety.

Being Fit, THTM

Audience: MS

EDC, Inc.

Teenage Health Teaching Modules

This module for grades 6-8 helps students determine their own level of fitness and plan a realistic exercise program. 1983

CATCH Program®

Audience: E

Flaghouse

Curriculum & Activity Kit

A Coordinated Approach to Child Health is a comprehensive education program aimed at promoting healthy eating and physical activity by elementary school students and their parents. 1998

- *Physical Education Curriculum Guidelines and Activity Box* – lesson plans, activities
- *Eat Smart: School Nutrition Program Guide* – materials for training personnel
- *Go for Health Classroom Curriculum Guides: Hearty Heart & Friends – Grade 3*
- *Taking Off – Grade 4*
- *Breaking through Barriers – Grade 5*

Eat Well & Keep Moving

Audience: E

Human Kinetics

Curricula

This complete resource includes everything you need to teach students about nutrition and fitness in a classroom setting or to launch an effective school wide program. It includes ready-to-use materials that fit easily into any existing curriculum. 2001

Physical Activity: Curricula & Resource Guides

Fit, Healthy, and Ready to Learn

Audience: Adult

NASBE

Fit, Healthy, and Ready to Learn is organized around sample policies that reflect best practice, which can be adapted to fit local circumstances. The sample policies are written as statements of best practice that all states, school districts, public schools, and private schools should endeavor to adopt. The points they address were suggested by the CDC school health guidelines, actual state and local policies collected by NASBE and NSBA, and comments reflecting the expert opinions of many reviewers. The policies can be adapted or revised to fit the needs of individual states, districts, and schools. Also included are explanations of the points addressed in the sample policies, excerpts of actual state and local policies, notable quotations, and other valuable information that supporters can use to justify school health policies. Each section ends with a list of resources and organizations that offer specialized expertise. 2000

Fitness & Health

Audience: HS

ETR Associates

The activities in this book will help students increase their individual fitness levels and gain an enjoyment of physical activity that will enhance their health and well-being throughout their lives. 1997

Fitness & Hygiene

Audience: MS

ETR Associates

Comprehensive Health

Uses Olympic theme activities to empower students to set realistic fitness goals and develop personal fitness plans. Provides information and skills to improve health and well-being. 1996

From A to Z by Bike

Audience: All

The Comprehensive Guide to Safe Cycling for Kids and Adults

Roma Dehr, Ronald M. Bazar

Provides information to teach children safe cycling, to wear helmets, and to apply good judgment to potentially dangerous traffic situations. Dictionary format provides quick access to information.

The Guide to Bike Rodeos

Audience: Adult

John Williams, Dan Burden

A how to guide for organizing and implementing a bike rodeo/bike safety fair. 1994

Heart Power

Audience: E, MS

American Heart Association

Heart Power is a school site interactive program that teaches the importance of nutrition, physical activity, living tobacco-free, and how the heart works. Kits contains teacher resource guides, reader books, videos, posters, and equipment for activities. Four level Curriculum Kits: Pre-K-K, K-2, 3-5, 6-8. 1996

Media-Smart Youth: Eat, Think, and Be Active!

Audience: MS

U.S. Dept. of Health and Human Services

Media-Smart Youth: Eat, Think, and Be Active! is an interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity.

Physical Activity: Curricula & Resource Guides

Motivating People to Be Physically Active

Audience: HS-Adult

Bess H. Marcud & LeighAnn H. Forsyth

This resource is for health professionals who want to improve their effectiveness as they plan, develop, implement, and evaluate physical activity programs. In addition to exercises and various reproducible log pages and worksheets, this book has eight sample reproducible questionnaires for evaluating the effectiveness of programs. 2003

PE Activity Box & Guidebook[®]

Audience: E

Catch Program/NET Resource

See Catch Program listing in General Nutrition for more information. 1998

Pedometer Power: 67 Lessons for K-12

Audience: E, MS, HS

Robert P. Pangrazi, Aaron Beighle, Cara L. Sidman

Promotes the use of pedometers by providing an introduction to the technology, explaining the benefits of the program, outlining the use of pedometers in a school setting, and suggesting exercises for children and their families. 2003

Planet Health[®]

Audience: MS

Human Kinetics Curricula

Interdisciplinary Curriculum

In today's world of computer games and potato chips, kids need special knowledge, skills, and guidance to make healthy choices. With Planet Health, teachers now have a proven method to inform adolescents and inspire them to develop strong health and wellness habits that last a lifetime. 2001

Physical Activity for Health and Fitness, updated edition

Audience: E, MS, HS

Jackson, Morrow, Jr., Hill & Dishman

This updated edition uses interactive elements to introduce important physical activity, health, and nutrition concepts for students. Special elements include Health checks—quick questions that test students' learning comprehension and practical exercises that ask students to apply physical activity ideas in the book to their own lives. This edition includes new art and references, updated figures and statistics, and practical charts and worksheets to enhance students' learning experience.

The Science of Energy Balance, Calorie Intake and Physical Activity

Audience: MS

National Institute of Health

Explore the scientific principles of energy balance within the body (energy in versus energy out) and their impact on human health.

Take 10!

Audience: E

TAKE 10!

- is a classroom-based physical activity program for kindergarten to fifth grade students.
- is a curriculum tool created by teachers for teachers and students.
- integrates academic learning objectives (in Language Arts, Math, Social Studies, Science and Health) with movement.
- materials contain safe and age-appropriate 10-minute physical activities

Physical Activity: Curricula & Resource Guides

WalkSmart/BikeSmart Vermont!

Audience: E

Center for Health & Learning

This curriculum is geared to children who navigate roads in rural situations teaching pedestrian and bike safety. 2007

YogaKids: Educating the Whole Child through Yoga

Audience: E

Marsha Wenigh special activities that stimulate children's verbal, spatial, and artistic skills. Inspired by Dr. Howard Gardner's theory of multiple intelligences, the YogaKids program treats yoga as a medium for learning, using different 'elements' - among them anatomy, music, visual art, ecology, and language - designed to stimulate and teach. Includes special yoga routines to cover a multitude of common situations (such as calming down, getting ready for a test, or even riding in a car), as well as advice on the benefits and techniques of yoga for children with autism, cerebral palsy, Down's syndrome, ADD, ADHD). An excellent yoga primer for children! 2003

Physical Activity: Videos

Bike Smart

Oregon Center for Applied Science

Walk Smart is a fun and engaging self-paced program which guides children through important pedestrian safety skills. 2005

Audience: E

CD-ROM

Walk Smart

Oregon Center for Applied Science

Bike Smart is a fun and engaging self-paced program, tested in school and proven to increase knowledge of bike safety skills. 2005

Audience: E

CD-ROM

Bike Safe. Bike Smart.

U.S. Department of Transportation

This entertaining, instructional video uses a visually stimulating, peer-to-peer approach to teach children how to be safe and smart when biking. 2004

Audience: E, MS

VHS – 9 minutes

Ride Smart: It's Time to Start

U.S. Department of Transportation

This funky, fast-paced bicycle safety video uses humor, real-life examples, computer graphics and peer-to-peer approach to teach children how wearing a bicycle helmet can protect them from serious injuries and death. 2002

Audience: E, MS

VHS – 9 minutes

Safer Journey

U. S. Department of Transportation

An interactive CD-ROM was developed to raise the level of awareness among road users and safety practitioners about the seriousness of pedestrian/motor vehicle conflict.

The CD-ROM areas of activity include:

- *The Journey*--lets you take a virtual journey. See if you can make it safely to your destination and back home again.
- *The Quiz*--tests your knowledge of pedestrian safety.
- *The Library*--lets you discover more about pedestrian safety and how you can play an active role protecting your pedestrians through community traffic safety programs.

Audience: E, MS

CD-ROM

Total Health – Becoming Physically Fit

Human Relations Media

A three-part video series that teaches students how to assess their current physical condition, how to improve their overall physical fitness and explains why it is so important to do so. Includes Part I – Body Composition & Flexibility (28 minutes); Part II – Muscle Strength & Endurance (28 minutes); and Part III – Cardiovascular Fitness (27 minutes). The videos and print material demonstrate exactly what defines physical fitness and how important it is to not only achieve it, but to sustain it. 1999

Audience: MS, HS

Curricula & 3 videos

Physical Education: Books & References

Active Youth

Audience: E, MS, HS

Ideas for Implementing CDC Physical Activity Promotion Guidelines

Patricia Sammann, Centers for Disease Control and Prevention
Human Kinetics

This essential reference provides you with real-life examples of how the "Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People," developed by the Centers for Disease Control and Prevention (CDC), can be implemented in a wide variety of settings, from schools to hospitals to YMCAs. It also gives you an easy-to-understand summary of these guidelines. The result is a document that makes a clear and convincing case for the need to promote physical activity among young people. These examples provide many ideas that you can put to use in your own school or community. 1998

Adapted Games & Activities

Audience: All

Pattie Rouse

Nothing sparks a child's or adolescent's interest like a new game! *Adapted Games & Activities: From Tag to Team Building* provides a wealth of games to get your students and participants moving and having fun, regardless of their cognitive or physical ability levels. By offering exciting activities that entice your students to participate, you'll not only help them reap the enormous physical benefits of exercise, but you'll also provide opportunities for them to learn to share, express feelings, set goals, and function independently. 2005

Assessing and Improving Fitness

Audience: E

NASPE

Fitness assessment can be used as a learning tool for elementary students, from coding of scores to developing personal goals, and improvement strategies. Includes samples of a personal fitness profile graph and personal fitness journal. 1999

Assessing Motor Skills in Elementary Physical Education

Audience: Adult

NASPE

Resource provides instruments for assessing motor skills in elementary physical education. Includes teacher observation checklist, self-assessment forms, and an example of a student project. 1999

Assessing Student Responsibility and Teamwork

Audience: Adult

NASPE

A tool for teachers and students for objectively assess daily student behavior in a physical activity environment. Help students take more responsibility for their behavior and learning while ensuring a more cooperative, safe environment. The Behavior Profile assesses NASPE physical education standard five and can be modified for most class situations. Provides guidelines for using the tool for the first time. 2000

Assessment Series

Audience: E, MS, HS

Standards-Based Assessment of Student Learning, 2nd Edition

Leslie T. Lambert - NASPE

Design and implement effective assessment in your physical education program. In the second edition of *Standards-Based Assessment of Student Learning: A Comprehensive Approach*, the author provides the conceptual and theoretical grounding for developing and using standards-based assessments. 2007

Physical Education: Books & References

Authentic Assessment of Physical Activity for High School Students **Audience: Adult**

NASPE

Presents a step-by-step process to help teacher align their instruction with national physical education standards. Includes template for recording assessment data. 2002

Assessment Series

Audience: E

Assessing Dance in Elementary Physical Education

Theresa Purcell Cone & Stephen Cone - NASPE

Elementary school physical educators finally have a book that can help them plan assessments for dance, an important part of a comprehensive physical education curriculum. Through dance, students develop their motor skills, gain an appreciation for different forms of dance, learn to create dances, collaborate with others, and increase their critical thinking skills. 2005

Assessment Series

Audience: E, MS, HS

Assessment in Outdoor Adventure Physical Education

Jeff Steffen, Ph.D. & Susan J. Grosse, MS - NASPE

Implementation of outdoor adventure physical education is about process as well as about specific activities. Assessment is a necessary part of process and the assessment tools in this book can be applied in any number of outdoor adventure physical education activities. 2003

Assessment Series - Assessment in Games Teaching

Audience: E, MS, HS

Stephen Mitchell & Judith Oslin - NASPE

This booklet deals with games Performance Assessment Instrument developed to assess skills and decision-making during game play, as well as off-the-ball movement. 1999

Assessment Series - Assessing Heart Rate in Physical Education

Audience: E, MS, HS

Marilyn Buck, Ed.D. - NASPE

The contents of this book reflect appropriate practice in the use of heart rate monitors in physical education programs. Heart rate is accepted as a key indicator for estimating cardiovascular fitness. This book discusses the assessment of heart rate by physical education teachers. 2002

Assessment Series - Assessing Concepts: Secondary Biomechanics

Audience: E, MS, HS

Bonnie Mohnsen - NASPE

This book will help physical education teachers incorporate biomechanics concepts and principles in their lesson plans by helping them to understand how to assess student learning of biomechanics concepts. By teaching concepts such as balance, force absorption, Newton's laws, spin, rotation, and resistance while teaching motor skills, teachers will be helping students apply this knowledge to new physical activity experiences. The author has provided more help for teachers by including the steps for creating a rubric to score the students' work. 2004

Assessment Series

Audience: E, MS, HS

Assessing Student Outcomes in Sport Education

J. Scott Townsend, Derek J. Mohr, Richard M. Rairigh, & Sean M. Bulger - NASPE

The assessment strategies described in this book contribute directly to the effective design and implementation of a successful sport education season. Successful sport education relies heavily on sound assessment and results-oriented professional practice. The sample assessment strategies have been field tested in a variety of upper-elementary, middle, secondary and university physical education settings. 2003

Physical Education: Books & References

Bright Futures in Practice: Physical Activity

Audience: E, MS, HS

Patrick et al.

National Center for Education in Maternal and Child Health

This resource provides developmental guidelines on physical activity for the periods of infancy through adolescence. The guide provides current information on screening, assessment and counseling to promote physical activity and to meet the needs of health professionals, families and communities. 2001

Creating Rubrics for Physical Education

Audience: Adult

NASPE

This valuable primer on rubrics describes the purpose of rubrics along with descriptions and examples of the different types of rubrics. A six-step process for writing rubrics is provided, including hints, suggestions, and advice for avoiding common pitfalls. 2000

Elementary Heart Health: Lessons and Assessment

Audience: Adult

NASPE

This resource provides lesson plans and criteria rubrics for a circuit-training unit designed to teach upper elementary age students how to take their pulse, control their heart rates, and the importance of aerobic conditioning. Helps students meet NASPE physical education standards three and four. Assessment tool can also be modified for other units of instruction. 2001

Elementary Physical Education Teaching, Second Edition

Audience: E

Christine J. Hopple

This resource provides teachers with support for aligning curriculum, instruction, and assessment practices with the latest national standards, creating assessments, especially alternative assessments, to gauge students' achievement; design and using rubrics for each assessment task; and effectively manage the assessment process. 2005

Inclusive Physical Activity - A Lifetime of Opportunities

Audience: E, MS, HS

Susan L. Kasser & Rebecca K. Lytle - Human Kinetics

This resource provides practitioners with practical strategies and hands-on applications for physical activity programming to include all people. In doing so, it bridges the gap between school-based and community-based programs to help people with differences in ability become and remain physically active throughout their lives. 2005

Fitness for Life Teacher Resources and Materials

Audience: MS, HS

CD-ROM-5th Edition

Karen McConnell, Charles B. Corbin, & Darren Dale - Human Kinetics

This resource is available to all adopters on CD-ROM. It includes a variety of materials for use in class, including application and reinforcement worksheets, worksheets and instructions for making student workbooks, chapter and unit tests, plus all of the questions for creating quizzes, and blackline masters for making overhead transparencies. 2004

Physical Education: Books & References

Fitness for Life Middle School

Audience: MS

Charles B. Corbin, Guy Le Masurier, & Dolly D. Lambdin - Human Kinetics

This resource provides a foundation for students to be physically active and fit throughout their whole lives. This middle school version of the award-winning high school text *Fitness for Life* meets the new NASPE National Physical Education Standards and state standards, and it is an ideal companion to the FITNESSGRAM/ACTIVITYGRAM assessment program. 2007

Fitness for Life-Updated 5th Edition-Paper

Audience: HS

Charles B. Corbin & Ruth Lindsey - Human Kinetics

Fitness for Life is the original and best-selling high school text for promoting lifelong physical activity and healthy lifestyles that result in lifelong fitness, wellness, and health. *Fitness for Life* has been updated to make it better than ever. The updated edition retains the strengths of the fifth edition and has been enhanced with a test bank, an online study guide, and an array of other new features to keep teachers and students on the cutting edge. 2007

Lessons From the Heart -

Audience: E, MS, HS

Individualizing Physical Education with Heart Rate Monitors

Beth Kirkpatrick, Burton H. Birnbaum, & Polar Electro, Inc. - Human Kinetics

Heart rate monitors (HRMs) are making it easier than ever before for both students and teachers to be fully accountable. They allow students to become responsible for their individual efforts and enable teachers to objectively determine each student's progress toward personal fitness goals. This resource shows you how to use this technology to enrich and individualize your physical education program. All of the lessons have interdisciplinary applications, and many of them include reproducible worksheets. 1997

Making the Fitness Connection

Audience: E, MS, HS

Bonnie Nygard & Kathy Muriashow - Kendall/Hunt Publishing Company

This book is filled with exercises that have no time, location, or fitness level barriers. Common everyday activities (driving a car, watching TV, working on a computer, etc.) are transformed into One Minute Workouts that tone, condition and stretch the muscles, and help boost your energy level. No expensive equipment or travel time is necessary. The book clears away hurdles to getting physically fit -- painlessly, inexpensively and best of all, easily. 2000

Moving into the Future: National Standards for Physical Education

Audience: E, MS, HS

National Association for Sport and Physical Education (NASPE)

The National Standards for Physical Education are an essential tool for everyone involved in developing, implementing, and evaluating K-12 physical education programs. This text establishes content standards that clearly identify what students should know and be able to do as a result of a quality physical education program. The second edition reflects the most current research and theory about physical education. 2nd Edition 2004

Moving Into the Future: National Standards for Physical Education

Audience: Adult

National Association for Sport and Physical Education (NASPE)

The *National Standards for Physical Education: A Guide to Content and Assessment* asks “What should students know and be able to do?” This book tells you. It explains the voluntary national standards for K-12 school physical education. Use the national standards to align your program goals with the nationally recognized physical education goals. Develop K-12 physical education curricula based on your specific school or district needs. 1995

Physical Education: Books & References

No Gym? No Problem! - Physical Activities for Tight Spaces

Audience: E, MS, HS

Charmain Sutherland - Human Kinetics

No Gym? No Problem! gives physical educators, recreation leaders, and classroom teachers the tools to deal with—and thrive despite—issues surrounding limited space. This resource contains nearly 100 activities that may be used individually to enhance existing curriculum or combined to create full-fledged lesson plans that meet specific skills, concepts, or fitness objectives. 2006

PE4life - Developing and Promoting Quality Physical Education

Audience: Adult

PE4life - Human Kinetics

Almost 65 percent of adults in the United States are overweight or obese—and children are on pace to be significantly fatter in their own adulthood than today's adults. Making matters worse, the number of physical education classes in schools is plummeting as well. So how can schools with diminishing PE budgets be successful? By following the blueprint provided in *PE4life: Developing and Promoting Quality Physical Education*. This book and DVD package is part inspiration, part toolkit, and part textbook. Those parts combine to make it the ideal resource for anyone involved in developing and promoting quality physical education programs. 2007

PE-4-ME: Teaching Lifelong Health and Fitness

Audience: E, MS, HS

Cathie Summerford

PE-4-ME: Teaching Lifelong Health and Fitness provides a blueprint for a unique K-12 program that integrates physical activity with movement concepts, social skills, stress reduction, nutrition, school safety, and drug resistance education. Brain-compatible learning in physical education—the ability of physical activity to enhance cognitive function—is stressed in all lessons to maximize the benefits of the integrated approach. 2000

Performance-Based Assessment for Middle and High School Physical Education

Audience: MS, HS

Jacalyn Lea Lund, Mary Fortman Kirk

This practical resource supports teachers with the development and implementation of performance based-assessment for middle and secondary school physical education. This step-by-step book thoroughly covers all the fundamentals of designing and implementing continuous performance-based assessment. This book also explains how to write effective rubrics more easily and provides sample rubrics that can be tailored for different activities and students.

Physical Education Assessment Toolkit

Audience: E, MS, HS

In today's physical education framework, the demands on your time and energy are great. Every second of class time is precious, so an efficient method of assessment that can plug into any lesson or unit being taught is a highly sought-after commodity. Loaded with assessment templates and sample units, the *Physical Education Assessment Toolkit* provides you with everything you need in order to simultaneously assess and teach students the lifelong value of physical education. Assessment templates form the basis of the *Physical Education Assessment Toolkit*. This book and CD-ROM package contains the ready-made, pilot-tested materials needed for effective assessments of students, leaving teachers to focus on what they do best—teach. 2006

Physical Education: Books & References

Physical Education for Lifelong Fitness

Audience: E, MS, HS

NASPE, Second Edition

This revised edition offers teachers with the clear philosophical foundation for the Physical Best program and presents a framework for implementing a health-related physical education curriculum to promote lifelong fitness. This edition includes discussion of the revised national physical education standards (NASPE 2004); enhanced and updated information on physical activity guidelines, assessment, nutrition, inclusion, and goal setting; practical examples for teaching and assessment, applying the proven concepts in real world physical education settings and ready-to-use worksheets, charts, and other educational tools. 2005

Portfolio Assessment for K-12

Audience: Adult

NASPE

This resource provides an easy step-by-step approach for student portfolios. Provides ideas for assembling and storing portfolio items, as well as different strategies for student self-assessment, conducting portfolio conferences, and evaluating and grading portfolios. A sample portfolio evaluation rubric is provided. 2001

Rhythmic Activities and Dance-2nd Edition

Audience: E, MS, HS

John Price Bennett & Pamela Coughenour Riemer - Human Kinetics

Rhythmic Activities and Dance, Second Edition, is a collection of some of the most popular recreational dance forms, geared for teachers of K-12 students and for recreation directors and leaders who want to teach easy rhythms and dances for fun and fitness. The book also contains cross-references to companion music provided on the CD. 2006

Special Olympics – Young Athletes Activity Guide

Audience: E, Spec. Ed.

Special Olympics

Young Athletes is a versatile program that can work in various learning situations. The program is designed for families to play with their young athletes at home in a fun atmosphere. It is also appropriate for preschools, schools and playgroups to use with small groups of young children with and without intellectual disabilities. The flexibility of Young Athletes ensures the opportunity to welcome families and their young children into the Special Olympics family. 2007

Standards-Based Assessment of Student Learning

Audience: Adult

NASPE

Current thoughts on assessment, definitions of assessment and a framework for conducting standards-based assessment. Provides a conceptual context for the rest of the Assessment Series. 1999

Winter Kids

Audience: E, MS, HS

Outdoor Learning Curriculum, National Edition

The National WinterKids Outdoor Learning Curriculum promotes physical fitness and healthy lifestyles while improving academic success in classrooms. Aligned with the National Education Standards, the guide offers 130 pages of lesson plans, assessments, games and safety information providing teachers with essential tools to effectively incorporate active outdoor academic lessons into the curriculum. The National *WinterKids Outdoor Learning Curriculum* offers interdisciplinary lessons in a variety of subjects for grades K-12 with a complete adapted component for children with special needs. Resources include both a teacher guide and student handbook. 2006

Safety: Books & References

Creating Safe Schools

Audience: Adult

U.S. Department of Education Safe & Drug-Free Schools

A collection of resources to guide planning and taking action on issues ranging from safe schools to bullying and weapons in schools. 1991-1995

Hurt, The

Audience: E

Teddi Dolesk

A book for teaching young children how to deal with hurtful feelings. 1983

It's My Body

Audience: E

Lory Freeman

A book for teaching young children how to resist uncomfortable touches. 1982

Loving Touches

Audience: E

Lory Freeman

A book for children about positive, caring kinds of touches. 1986

My Body is Private

Audience: E

Linda Walvoord Girard

A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private. 1984

The Multicultural Caterpillar: Children's Activities in Cultural Awareness

Audience: E

Ana Consuelo Matiella, MA

This booklet is part of the "Children's Activity Series," a set of four supplemental teaching resources that promote awareness about health, family life, and cultural diversity for children in kindergarten through third grade. The booklet includes eight easy-to-teach activities which introduce young children to the concepts of culture and cultural diversity. It provides a positive multicultural experience and includes illustrations and hands-on activities that help children prepare foods, build shelters, celebrate with music, and compare customs that express love and affection. 1990

Reducing School Violence through Conflict Resolution

Audience: Adult

David W. Johnson and Roger T. Johnson

This book presents an alternative approach--that of training students in conflict resolution and peer mediation. The book offers specific, practical strategies for implementing violence-prevention and conflict-resolution programs. An overview of the situation and the schools' responsibility to provide students with an orderly environment is discussed.

Safe Schools, Safe Students

Audience: Adult

Drug Strategies

This guide to school prevention programs provides important information on research and prevention curricula. Information is based on careful review of curriculum materials, information from developers and distributors, and evaluation reports. Great resource for information on research-based and promising prevention curricula. 1998

Safety: Books & References

Some Secrets Are For Sharing

Audience: E, MS

Randy Winston-Hillier

A book that addresses issues about secrets and the feelings of helplessness, confusion, and fear. 1986

Step by Step to Safe Schools

Audience: Adult

ETR Associates

A program-planning guide to help prevent bullying, harassment, hazing, hate-motivated behavior, and violence in schools. Outlines practical steps for implementing, supporting and maintaining a comprehensive, coordinated Safe Schools Program to help ensure safe and violence-free schools. 2001

Teach & Talk–Safety & Risks

Audience: Adult

ETR Associates

This teacher resource guide provides information for planning and organizing effective and meaningful lessons for students to learn how to make smart, safe choices. 2001

Top Secret

Audience: HS

Jennifer J. Fay

Information in the form of stories and Q & A on sexual assault. 1982

Trouble With Secrets

Audience: E

Karen Johnsen

This book explores when to share secrets, when to keep them and who to share them with. 1986

What Every Child Must Know About Grown-Ups

Audience: E

Gail Elbek

This book is to be read aloud by an adult with a child's participation. 1991

Safety: Curricula & Activity Guides

Aggressors, Victims & Bystanders, THTM

EDC, Inc.

Teenage Health Teaching Modules

This module for grades 6-8 deals with violence among peers and different roles that young people play in potentially violent situations. Helps young people build skills to resolve problems nonviolently. 1994

Audience: MS, HS

Flirting or Hurting?

Nan Stein & Lisa Sjostrom/NEA

Curriculum focuses on recognizing sexual harassment, myths, legal rights, strategies to prevent and ways to respond to incidences of harassment. 1994

Audience: HS

Harassment Hurts: Gossiping, Taunting and Bullying

Sunburst Visual Media

The workshop offers the kind of advice potential victims can use to minimize harassment's devastating effects. This resource includes a DVD and 18 minute video. 2003

Audience: E

VHS – 18 minutes

Heads-Up: Concussion in High School Sports

CDC

A resource toolkit to help coaches, athletes, and parents prevent, recognize and manage concussion in high schools sports. The toolkit includes a guide, fact sheets, educational video and DVD and posters. 2005

Audience: MS, HS

Injury Prevention

ETR Associates

Comprehensive Health for the Middle Grades

The activities book and facts book help students personalize their risk of injury and learn steps to take to stay safe and healthy. Teaches about safety hazards, disaster preparedness and emergency first-aid procedures. 1996

Audience: MS

KidSafe Training Toolkit

KidSafe Collaborative

Vermont law mandates that professionals in health care, education, child care, mental health, social services, law enforcement and members of the clergy report all suspected cases of child abuse or neglect. This toolkit covers the responsibilities of a mandatory reporter and includes a 16 minute training video. 2003

Audience: Adult

Olweus Bullying Prevention Program

Dan Olweus, Ph.D., Susan Limber, Ph.D.

The *Olweus Bullying Prevention Program* is the most researched and best-known bullying prevention program available today. *OBPP* is recognized by the Center for the Study and Prevention of Violence as one of only eleven Blueprints Model Programs and by the Substance Abuse and Mental Health Services Administration (SAMHSA) as a Model Program-two of the highest honors a prevention program can attain. All students participate in most aspects of the program. Students who bully others, and students who are bullied, receive additional individualized interventions. *OBPP* includes methods to reach out to parents and the community for involvement and support. These efforts are designed to improve peer relations and make the school a safer and more positive place for students to learn and develop.

Audience: E, MS

Safety: Curricula & Activity Guides

Preventing Injury

Audience: E, MS

ETR Associates

Provides a foundation of knowledge, attitudes and injury prevention skills for primary and elementary children. There are four age-appropriate modules - K, 1-2, 3-4, & 5-6. 1992

Preventing Injuries, THTM

Audience: MS, HS

EDC, Inc.

Teenage Health Teaching Modules

This module for grades 9-10 deals with empowering students to identify and reduce injury problems. Encourages students to examine behaviors that contribute to injury risk and how they can modify their behaviors to reduce risk. 1991

Promoting Peace & Preventing Violence

Audience: HS

Lions-Quest

Designed to help students identify factors that promote violence and learn strategies for managing anger, resolving conflicts and preventing violence. Includes a service-learning project. 1995

Safety Activities for Kids Workbook

Audience E, MS

Health Edco

This activity workbook teaches children how to protect themselves at home, in their neighborhood and community and on the Internet. Children learn how to protect themselves through fun, hands-on activities, many safety tip lists and safety tip advice from Detective Safety Smartz, a fictional character who appears throughout the book. 2004

Sexual Harassment and Teens

Audience: MS, HS

Susan Strauss and Pamela Espeland

Resource for teaching about the concept and prevention of sexual harassment. 1992

Sexual Violence in Teenage Lives

Audience: HS

Planned Parenthood of Northern New England

Prevention curriculum that includes lessons and activities, which challenge the root causes of sexual violence and provide techniques for acquiring the skills needed to support relationships that are violence-free. 1995

Violence

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

This activity book is designed to help middle school students understand the types, causes, and consequences of violence in our society and learn specific avoidance and prevention strategies. 1996

Violence & Injury

Audience: HS

ETR Associates

Choosing Health High School

This activity book provides lessons that are designed to raise awareness, equip students with facts, and provide opportunities to practice skills to reduce their risk of injuries. 1998

Violence Prevention

Audience: E,MS,HS

Meeks-Heit

Totally Awesome Teaching Strategies

Provides activities, lessons and background information for violence prevention. 1995

Safety: Videos

Abusive Relationships: Crossing the Line

AGC/United Learning

Audience: HS

VHS – 14 minutes

This video dramatically tells the story of Gina, who is newly in love with Paul. As the relationship progresses, Gina notices some distinct changes- Paul becomes more possessive, he keeps her from her friends and starts to abuse her, physically and mentally. Gina becomes increasingly afraid and realizes that she does not belong in the relationship. 1997

Being Safe

Altschul Corporation

(Grades 1-3) VHS – 16 min., (Grades 4-6) VHS – 19 min.

Audience: E

This video series and teacher's guide provides sequential personal safety info. and skills instruction for children as well as parents, teachers and any adult working with children. 1990

Boys on Bullying

Family Health Productions

Audience: MS, HS

VHS - 20 minutes

This video profiles five boys who tell how bullying affected their lives, and how support from parents, other caring adults, and friends made all the difference in how they coped. 2003

Bullying: Not Just a Guy Thing

AIMS Multimedia

Audience: MS, HS

VHS - 30 minutes

This video depicts girls in the role of school bullies. The storyline follows a female middle school student who is bullied by her peers. Practical advice is offered from teachers and counselors. 2003

Film Clips: Character Education

USDOE & Georgia Department of Education

Audience: E, MS, HS

3 DVDs

The film clips series contains an exciting new approach to character education which reaches students through a medium for which they have a natural affinity: Hollywood movies. In this series scenes from major motion pictures are used to help teachers and students engage in reflection and discussion about character and moral action. Each episode includes a DVD and guiding discussion booklet. 2006

- *Episode 1: Honesty, Cooperation and Respect*
- *Episode 2: Good Sportsmanship, Kindness, and Self-Control*
- *Episode 3: Courage, Loyalty, and Perseverance*

Crossing the Line: Sex Crimes Defined

The Noodlehead Network

Audience: MS, HS

DVD—19 minutes

Made by Vermont teens, this video features identification and description of sex crimes, such as computer crimes and sexual assault, through six role-played situations. This video explains Vermont laws that apply in each scenario and describes the legal consequences. 2005

Defusing Teenage Violence

Dartmouth-Hitchcock Medical Center

Audience: HS, Adult

VHS—21 minutes

This show, which has been aired on TV, talks about the causes of violence among children and teenagers and what can be done to reduce it. Psychologist and writer Daniel Goleman, author of *Emotional Intelligence*, presents his view on improving school climate and teaching civility and empathy. James Garbarino, author of *Lost Boys*, talks about the forces that can lead to school violence. Guide included. 2001

Safety: Videos

Gangs in My Little Town?

The NoodleHead Network

This video offers an awareness of how gangs recruit and reasons for avoiding “gang life.” 1998

Audience: MS, HS

VHS – 25 minutes

How to Deal with the Jerks

The NoodleHead Network

Video demonstrates positive and productive ways students can deal with the “jerks” in their lives and earn the respect of their friends. Skits were created acted by 8th grade students modeling communication and conflict resolution skills. 1994

Audience: MS

VHS – 11 minutes

I Am the Boss of My Body

AGC/United Learning

This thoughtful program takes a difficult and sensitive subject and presents it to children in a clear, strong and positive way. They will feel empowered as they begin to understand their rights. 1999

Audience: E

VHS – 18 minutes

Impact

The NoodleHead Network

Created by the students at Middlebury Union High School. Over the course of one school year, five serious car accidents occurred in one community in Northern Vermont. Local high school students wanted to stop them from happening again. 1993

Audience: MS, HS

VHS – 16 minutes

Inside/Out

State Farm Insurance

A whole person educational approach to health and safety. 1993

Audience: All

Let's Get Real

New Day Film

This video examines bullying from a wide range of perspectives—racial differences, perceived sexual orientation, disabilities, religious differences, and sexual harassment. Video includes two versions: An uninterrupted version and an instructional version that includes breaks for discussion. Curriculum guide with lessons & activities that address name calling and bullying accompanies video. 2003

Audience MS, HS

VHS - 35 minutes

Movers & Shakers

State Farm Insurance

This teaching package was developed specifically to help educators integrate information about earthquakes and earthquake preparedness into a wide range of subject areas. 1991

Audience: E

No Excuses – Sexual Harassment

Human Relations Media

Defines what constitutes sexual harassment; stresses the importance of reporting harassment when it happens; and provides role-plays harassment scenarios to spark classroom discussion. Includes teacher guide. 1999

Audience: MS, HS

VHS – 27 minutes

Safety: Videos

Preventing Teenage Violence

Dartmouth-Hitchcock Medical Center

This show, which has been aired on TV, talks about the causes of violence among children and teenagers and what can be done to reduce it. Psychologist and writer Daniel Goleman, author of *Emotional Intelligence*, presents his view on improving school climate and teaching civility and empathy. James Garbarino, author of *Lost Boys*, talks about the forces that can lead to school violence. 2001

Audience: Adult

VHS—28 minutes

Sexual Harassment: Stop it Now

United Learning

This video addresses issues surrounding teen peer-on-peer sexual harassment. Defines the causes, manifestations, and solutions to sexual harassment with a focus on health interpersonal skills. 1997

Audience: MS, HS

VHS – 28 minutes

Sexual Harassment: What It is & How To Handle It

The NoodleHead Network

This video explains what sexual harassment is, what it isn't, and the appropriate way to confront and report it, especially in school. 1996

Audience: HS

VHS – 21 minutes

Sexual Violence: What Are You Going to do About It?

The NoodleHead Network

This Vermont produced video features student actors who role-play simple steps bystanders can take to stop sexual violence without jeopardizing their friendships or their safety. 2002

Audience: MS, HS

VHS - 18 minutes

Skiing and Snowboarding Safety

Dartmouth-Hitchcock Medical Center

This fast-paced video shows you how to have fun safely. It features lots of action scenes of expert snowboarders and skiers. 2002

Audience: E, MS, HS

VHS – 10 minutes

Smoke Detectives, The

State Farm Insurance

Fire Safety is a lesson that must be reinforced and practiced in order to become a habit that will be incorporated into daily behavior. Smoke Detectives has been designed to fit into other content areas. 1990

Audience: E

SPEAK UP!

Improving the Lives of Gay, Lesbian, Bisexual, & Transgender Youth

A resource for school professionals, this video highlights the challenges of violence and harassment faced by gay, lesbian, bisexual and transgender (GLBT) students in the school setting. Includes interviews with students, parents, teachers and administrators. 2001

Audience: Adult

VHS - 30 minutes

Staying Safe Around Guns

The NoodleHead Network

This video shows a role-play of a student “speaking up” after a classmate brags about bringing a gun to school. Teens conduct an interview with a principal who defused a mass shooting in school. Demonstrates how much damage a gun can really cause and includes facts and myths about loaded and unloaded weapons. 1999

Audience: MS

VHS – 17 minutes

Safety: Videos

Stranger Smart

Public Partnership Against Crime
guide

Audience: E, MS

VHS - 32 minutes; teacher's

Features Steve DeBry, a 14-year police veteran and expert on children's issues. Stranger Smart teaches your children how to stay safe from abductors and molesters. It teaches them the skills and principles of *Street Smart's* four-step personal safety system. 1995

The Teen Files: The Truth About Hate

AIMS Multimedia

Audience: MS, HS

VHS - 21 minutes

This video explores the origins of hate through the eyes of today's teenagers as they come face to face with their own racism, ethnic bigotry, religious hatred and sexual discrimination. 1999

Tolerance: Responding to Differences

Human Relations Media

Audience: MS

VHS - 20 minutes

The video opens with four scenarios to explore ways in which people are different and the importance of accepting differences without judging or hurting others. The video and teacher's guide conclude with a section called "Tools for Tolerance" which demonstrates that the tools of empathy, respect, acceptance, and forgiveness can be used to develop more tolerant attitudes. 2000

Tough Guise

Media Education Foundation

Audience: HS

VHS - 55 minutes (Two parts)

In this video, Jackson Katz argues that the wide spread violence in American society – including the tragic school shootings – needs to be understood as part of an ongoing crisis in masculinity. He examines the relationship between images of popular culture and the social construction of masculine identities. Part I – Understanding Violent Masculinity (25 minutes); Part II – Violent Masculinity in Action (30 minutes). Should be used with teacher facilitation. 1999

Two Kinds of Touch

Perennial Education

Audience: E

VHS – 14 minutes

This video uses puppet characters visiting the zoo to address the difference between good touch/bad touch and good secrets/bad secrets. 1987

Violence Prevention: Don't Be a Victim

Sunburst

Audience: HS

VHS – 30 minutes

Offers teens specific strategies they can use to keep themselves from being a victim at school, on the street, or on the Internet. Real teens' stories teach students what to do in school when faced with fights or threats, how to avoid becoming a potential target on the street and what to do to get out of a dangerous situation safely. 1999

Sexual Health: Books & References

Changing Bodies, Changing Lives

Audience: HS

Ruth Bell

An essential road map through the difficult terrain of adolescence, *Changing Bodies, Changing Lives* gives teens a thoughtful, empathetic and personal look at the issues that affect them daily. Teenagers need a place to find factual, straightforward, and thorough information on sex and on the many ways puberty affects their emotional and physical health. 1988

Changes in You: For Boys

Audience: MS

Peggy Siegel

Short, simple picture book for boys with special needs about the changes associated with puberty. 1992

Changes in You: For Girls

Audience: MS

Peggy Siegel

Short, simple picture book for girls with special needs about changes associated with puberty. 1992

Community Action Kit

Audience: Adult

SEICUS

Materials, resources, articles, and suggestions for managing community discussion about sexuality education.

Filling the Gaps: Hard to Teach Topics

Audience: Adult

SIECUS

This book was developed to assist teachers in addressing abstinence, safer sex, condoms, sexual orientation, diversity, pregnancy options, sexual behavior and sex and society. It also provides teachers with background information, rationale, teaching activities and resources. 1998

Guidelines for Comprehensive Sexuality Education

Audience: Adult

SIECUS

For over a decade, SIECUS has published the *Guidelines for Comprehensive Sexuality Education: Kindergarten-12th Grade* to help educators create new sexuality education programs and evaluate already existing curricula. The *Guidelines*, developed by a national task force of experts in the fields of adolescent development, health care, and education, provide a framework of the key concepts, topics, and messages that all sexuality education programs would ideally include. 2004

It's Perfectly Normal

Audience: MS, HS

Robie H. Harris

Provides accurate, unbiased answers to nearly every conceivable question, from conception and birth to birth control and AIDS, *It's Perfectly Normal* offers young people the real information they need to make responsible decisions and stay healthy. 1994

On the Right Track

Audience: Adult

Sexuality Information and Education Council of the United States

A guide for youth serving organizations. It is designed to help youth development professionals recognize the need to address sexuality with young people, understand how sexuality education and youth development can complement each other, and determine ways in which youth development programs can begin to incorporate this important topic. 2004

Sexual Health: Books & References

Period

JoAnn Gardner-Loulan, Bonnie Lopez, and Marcia Quackenbush
Resource book for preadolescent students, teachers, and parents. 1991

Audience: MS

Positive Images:

Teaching Abstinence, Contraception and Sexual Health

Peggy Brick and Bill Taverner/Planned Parenthood of Greater Northern New Jersey, Inc.
The lessons in this book are designed to provide learning experiences that promote conscious decision-making skills, an understanding of contraceptive products, love, relationships and sexuality. Lessons include abstinence from intercourse as a viable choice, and integrate that choice into developing attitudes, values and skills that are crucial for making responsible decisions. 3rd edition. 2001

Audience: MS, HS

Teach & Talk – The Subject is Sex

ETR Associates

This book encourages students to feel comfortable with their bodies and to respect themselves and each other; provides age-appropriate answers to student's questions; reassures students that growing and changing is natural and that curiosity is normal; supports healthy emotional development. 2001

Audience: E

Why Support School-Based Teen Pregnancy Prevention?

A Primer for Action

The Primer was designed for use by state and local health agencies, individual schools, school district officials and community leaders to raise awareness about how teen pregnancy prevention efforts can contribute to overall student well being and performance. 2003

Audience: Adult

Sexual Health: Curricula & Activity Guides

The Changes in You Curriculum

Audience: Spec. Ed., MS

Peggy Siegel, M.S.

This curriculum consists of a series of laminated picture cards and lesson plans to help young people (grades 4 through 9) understand the changes of puberty and feel comfortable about their body. Each picture card correlates with a lesson plan and has objectives, information and teaching questions on the back. Lesson plans include teaching strategies, which vary in complexity so that they may be adapted to meet the needs of an individual or a particular group. The curriculum also includes an appendix of tests designed to assess the level of student understanding. 1991

Education for Sexuality and HIV/AIDS

Audience: HS

Linda Bower Meeks, Philip Heit & John Burt

Activity resource

A comprehensive resource of information and activities for teaching about sexuality. 1993

F.L.A.S.H.: Family Life and Sexual Health

Audience: Spec. Ed., HS

Jane Stangle, MEd; Seattle- King County Department of Public Health

For use in special education and mainstreamed classrooms, this curricula has a comprehensive overview of sexuality, relationships, safety and communication. Includes lessons and transparencies. 1991

Growing Into Healthy Sexuality

Audience: MS

EDC, Inc.

Teenage Health Teaching Modules

This module for grades 6-8 emphasizes the importance of developing a healthy sense of self, understanding gender roles, and making safe, respectful decisions. Includes optional sessions on puberty and incorporates clear messages about abstinence. Provides guidance for developing a comprehensive approach to sexuality education by integrating exemplary curricula on pregnancy prevention, HIV/AIDS, and other sexuality topics. 1998

Learn About Life

Audience: Spec. Ed.

Sex education program for students ages 9 and older with developmental or other cognitive disabilities. Covers primary social concepts and sexuality. Six picture booklets with pullouts for five to seven instructional concepts. 1992

New Methods for Puberty Education

Audience: E, MS

Cooperman & Rhoades, The Center for Family Life Education Curriculum

Lessons, targeting grades 4-9, provide in depth information about psychological and social aspects of puberty. 1992

Puberty & Reproduction

Audience: MS

ETR Associates

Comprehensive Health for the Middle Grades

Activities help students explore thoughts and feelings about becoming adolescents. Offers practical instruction about reproductive anatomy and physiology. 1996

Puberty: The Wonder Years

Audience: MS

Educational Materials Center

This puberty education curriculum for upper elementary and early middle school students was developed in response to requests from schools who want to equip youth with skills to postpone sex and respect themselves and others as they mature. 2002

Sexual Health: Curricula & Activity Guides

Removing the Risk: Abstinence for High School Students

ETR Associates

Audience: HS

Choosing Health High School

The activities in this book will give students the opportunity to consider the benefits of abstinence in their own lives and gain critical assertiveness and refusal skills practice. 1997

Respecting Healthy Sexuality, THTM®

EDC, Inc.

Audience: HS

Teenage Health Teaching Modules

This module provides activities for grades 9 and 10 that focus on assessing sexuality-related messages, using values to draw the line in relationships and exploring the rights and responsibilities for healthy sexuality. Students in grades 11 and 12 focus on essential skills for healthy relationships, dealing with challenging situations and thinking about intimacy in relationships. 1998

Safe Dates

Hazeldon

Audience: MS, HS

Research-validated curriculum

Safe Dates is a dating abuse program that deals with attitudes and behaviors associated with dating abuse and violence. Curriculum includes nine 50 minute sessions, a 45 minutes play by students, and a poster contest. 2004

Sex Can Wait

ETR Associates

Audience: E, MS, HS

Builds students' factual understanding and self-knowledge, as well as refusal skills, before they become involved in sexual relationships. Three separate level notebooks (upper elementary, middle school, and high school). 1994

Sexuality & Relationships

ETR Associates

Audience: HS

Choosing Health High School

This resources book contains activities that will give students the communication skills and information to establish and maintain healthy relationships, and protect their sexual health. 1997

TLC Kit: Talk Listen Care Kit

Harvard Community Health Plan Foundation

Audience: Adult

TLC is a parent's toolkit that makes it easier to talk to your kids about sex. 1993

Understanding Sexuality: A Teaching Module for High School

Jacquelyn Sowers, Hampton, N.H.

Audience: HS

Fourteen lessons explore sexuality, relationships, intimacy, contraception, STDs and decision-making skills. 1986

Sexual Health: Videos & Visuals

A Boy' Guide to Growing Up

Marsh Media

Designed for boys with special needs, *A Boy' Guide to Growing Up* presents straightforward information about changes to expect during puberty. Calmly reassuring and upbeat, the narration is uncomplicated and the visuals are clear and colorful. Concise chapters cover the following important topics: external male anatomy, physical and emotional changes of puberty, health and hygiene and privacy and safety. 2005

Audience: Special Needs

VHS – 15 minutes

A Girl' Guide to Growing Up

Marsh Media

Designed for boys with special needs, *A Boy' Guide to Growing Up* presents straightforward information about changes to expect during puberty. Calmly reassuring and upbeat, the narration is uncomplicated and the visuals are clear and colorful. Concise chapters cover the following important topics: external female anatomy, physical and emotional changes of puberty including menstruation, health and hygiene and privacy and safety. 2005

Audience: Special Needs

VHS – 15 minutes

Abstinence . . . It's the Right Choice

INJOY Productions

A positive approach to abstinence education. Realistic kids discuss their thoughts and feelings.

Audience: MS, HS

VHS – 22 minutes

Alcohol & Sex: Prescription for Poor Decision-Making

Human Relations Media

The program offers young people insights on how the avoidance of alcohol and other drugs will enhance their health as well as their ability to make healthy decisions. Includes teacher's resource book. 1998

Audience: MS, HS

VHS – 25 minutes

Both My Mom's Names Are Judy

Lesbian and Gay Parent Association

This video is to be used for training parents, teachers, and others who are interested in addressing the issues of homophobia in elementary schools. 1994

Audience: Adult

VHS – 10 minutes

Feeling Good About Growing Up

HRM

Important information to help pre-teens gain knowledge about puberty and feel more comfortable with the process of moving toward adulthood. Offers information about physical and emotional changes. 1998

Audience: MS

VHS – 28 minutes

Hope...Is Not a Method, 4th Ed.

Perennial Education

This video presents straightforward answers to commonly asked questions about birth control. While emphasizing that abstinence is the only 100% effective method for preventing sexually transmitted diseases and unwanted pregnancies, the video compares and contrasts other forms of birth control. 1992

Audience: HS

VHS – 20 minutes

Sexual Health: Videos & Visuals

It's Elementary: Talking About Gay Issues in School

Women's Education Media

This is a training video for teachers, administrators, and parents. Provides an effective tool for prompting constructive dialogue among the adults in school communities about a sensitive issue facing schools today. 1997

Audience: Adult

VHS – 30 minutes

Kids to Kids: Talking About Puberty

Tampax

This unique video has kids giving true feelings and facts about puberty, what it is and what it feels like. It is suggested that this video be broken up into sections for just girls and sections for just boys. 1992

Audience: MS

VHS – 25 minutes

Killing Us Softly – 3

Media Education Foundation

Jean Kilbourne reviews if and how the image in advertising has changed over the last 20 years. 2000

Audience: HS

VHS – 34 minutes

Male & Female: Respecting Each Other

AH/P

This video discusses the relationships between males and females as they grow through puberty. Self-esteem, self-respect, sexual harassment, and assertiveness are addressed. Good for guidance and health.

Audience: MS

VHS – 18 minutes

Now We're Talkin'

Intermedia

This is a lively informative overview of human sexuality and adolescent decision-making. Covers birth control, abstinence, sexual responsibility, safe sex etc. The first part features discussion, the second part role-playing.

Audience: HS

VHS – 15 minutes

Puberty for Boys

United Learning

Video addresses the new physical, psychological, and emotional changes that occur as boys grow into adulthood. Dozens of teen boys serve as positive role models with their thoughtful, humorous, and insightful stories. Includes a teacher's guide. 2001

Audience: MS

VHS – 21 minutes

Puberty for Girls

United Learning

This video addresses all of the new physical, psychological and emotional changes that occur as girls grow into adulthood. Teen females share their thoughtful, humorous, and insightful stories and discoveries. Includes a teacher's guide. 2001

Audience: MS

VHS – 21 minutes

Real People: Teens Who Choose Abstinence

With graphics and music that appeal to youth, this video covers such topics as peer pressure, role of alcohol and other drugs, and self respect. Diverse mixes of youth who, with real-life commentary and through role-playing, convey abstinence as a positive choice even for teens who have already engaged in sexual intercourse. 1994

Audience: MS

VHS – 23 minutes

Sexual Health: Videos & Visuals

Sex Smart for Teens: Birth Control

Film Ideas, Inc.

This video uses a fast- pace, humorous approach to present the facts about the variety of birth control choices available today and encourages teens to make smart decisions about sex. 2005

Audience: HS

VHS - 27 minutes

Sexual Orientation: Reading Between the Labels

ETR Associates

Interviews with gay, lesbian, and bisexual teens, their parents, and professional outreach workers spotlight difficult issues facing homosexual youth. This video covers social isolation, discrimination, violence, and the stress of "coming out." Accompanied by a teacher's guide. 1990

Audience: HS, Adult

VHS – 26 minutes

Sexual Responsibility a Two-Way Street

Human Relations Media

Two-part video addresses issues of responsible sexual decision-making. 1988

Audience: MS, HS

VHS – 28 minutes

Straight Talk about Sex, Gender & Media

Marsh Media

This video provides practical ways for students to gain media literacy skills and raises awareness of the many different forms the media takes in high pressure marketing. 2004

Audience: MS

VHS - 18 minutes

Talking About Sex: Am I Normal?

Sunburst

The video covers the basics about sexual development both physical and emotional emphasizing that everyone matures at different rates. There are two versions. The video (with mention) briefly mentions STD's and masturbation. The other version (without mention) does not. 2001

Audience: E, MS

VHS – 34 minutes

Talking About Sex: Thinking Ahead

Sunburst

This video addresses the difference between crushes/relationships and love/sex. Focuses on decision-making and abstinence. Grades 5-9. 2000

Audience: MS

VHS – 10 minutes

Teen Files Flipped: Boyfriend/Girlfriend

AIMS Multimedia

A teen couple has misconceptions about each other's lives so they are "flipped" for 24 hours into each other's gender, jobs etc. which offers increased perspectives and appreciation for each other. 2001

Audience: MS, HS

VHS – 21 minutes

Teen Files, The: The Truth About Sex

AIMS Multimedia

Hosted by Leeza Gibbons, this video gives compelling reasons for thinking before having sex. Viewers are introduced to several sexually active teens, learn about the struggles of two teen parents, and hear the story of a young woman living with AIDS. 1999

Audience: MS, HS

VHS – 30 minutes

Sexual Health: Videos & Visuals

Trevor

Intermedia

Story of a 13-year-old boy, his emerging sexuality, and realization that he's gay. Trevor describes how it feels to know you don't belong and that no one understands you. Heightens awareness of gay/lesbian youth issues. 1995

Audience: MS-Adult

VHS

We're Growing Up

Marsh Media

Designed for a co-ed audience, this live action video presents essential information in an upbeat format. On-camera narrators discuss growth patterns from conception through adolescence and provide a review of male and female anatomy and sexual development.

Audience: MS

VHS – 12 minutes

What is Love? What is Sex?

Human Relations Media, Inc.

This video addresses the complex issues of love and sex by interviewing a variety of young people about their feelings and experiences. Follows actual teenage relationships as they develop. Includes teacher's resource book, and student handouts. 2000

Audience: HS

VHS - 28 minutes

Reproductive Anatomy & Physiology Flip Chart

This 17" x 22" flip chart covers male and female reproductive anatomy and the process of reproduction, and presents basic information necessary to understanding birth control, STD and HIV/AIDS. Includes leader's guide. 1995

Audience: MS